

BOXED LUNCH

ONLY AT YOUR NEIGHBORHOOD MY FAVORITE MUFFIN®

FAX TO: Grand Junction • 970-257-1571
 Montrose • 970-765-8153

FOR: _____ PICK-UP TIME: _____ PHONE: _____

\$9.95* 720-1410 CAL.

All boxed lunches include sandwich, chips, fresh fruit, mini-muffins & napkin. Beverages separate.**

- | | |
|--|--|
| <p>#1 TURKEY CLUB 500 - 660 CAL.
 Roast turkey, bacon, American cheese, mayo, lettuce & tomato</p> <p>#2 CLASSIC TURKEY 420 - 580 CAL.
 Roast turkey, lettuce, tomato, & mayo</p> <p>#3 TURKEY & HAVARTI 540 - 700 CAL.
 Smoked turkey, Havarti cheese, lettuce, tomato, with a smear of onion & chive cream cheese</p> <p>#4 GRILLED CHICKEN 450 - 610 CAL.
 Grilled chicken breast, lettuce, tomato, & mayo</p> <p>#5 MY FAVORITE MUFFIN 490 - 650 CAL.
 Ham, roast turkey, bacon, American cheese, mayo, lettuce & tomato</p> <p>#6 HOLEY GUACAMOLE 350 - 510 CAL.
 Roast turkey, guacamole, green pepper, lettuce & tomato</p> | <p>#7 MEDITERRANEAN VEG-OUT 370 - 620 CAL.
 Hummus or cream cheese, lettuce, tomato, cucumber, green pepper & red onion</p> <p>#8 HAM & CHEDDAR 490 - 650 CAL.
 Ham, cheddar cheese, lettuce, tomato & mayo</p> <p>#9 B.L.T. 390 - 550 CAL.
 Bacon, lettuce, tomato & mayo</p> <p>#10 CHICKEN CAESAR 490 - 650 CAL.
 Grilled chicken breast, Parmesan cheese, tomato, lettuce & our special Caesar dressing</p> <p>#11 KICK-N-ROAST BEEF 440 - 600 CAL.
 Roast beef, horseradish sauce, lettuce & tomato</p> <p>#12 ROMA ITALIAN 550 - 710 CAL.
 Ham, hard salami, Provolone cheese, lettuce, tomato, red onion & Vinaigrette dressing</p> |
|--|--|

** Canned Coke, Diet Coke, Sprite, Diet Sprite • Bottled Milk • Orange or Apple Juice - \$2.15 (0 - 400 CAL.)

Person or Quantity	Item #	Bread Type	Special Instructions (include bread or bagel type)	Beverage
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____

*ADDITIONAL CHARGE FOR BABS' CHOICE BAGEL

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

GRAND JUNCTION • 683 HORIZON DRIVE, 970-257-1570
MONTROSE • 1541 OXBOW DRIVE, 970-765-0076

