

LUNCH/DINNER

#SouthpawsGrill (Preston Center)

Starters

Soup of the Day

cup \$4.95 bowl \$5.95

Hummus/Tabbouleh/House Bread or Veggies \$4.95

Apple Slices with Agave Peanut Butter \$4.95

Seasonal Fruit Bowl with Agave Yogurt Dip \$4.95

Fruit & Granola Parfait

almond granola, vanilla yogurt, dried cranberries, grapes and strawberries
16oz. \$5.45

Covered Cantaloupe (seasonal)

cantaloupe with cottage cheese, dried cranberries, grapes, and pecans \$6.25

Tiffany's Avocado Bowl

half an avocado filled with your choice of hummus, tabbouleh, and/or tuna with baby spinach and balsamic vinaigrette on the side \$6.65

extra tuna \$3.75/ea

extra hummus or tabbouleh \$1.50/ea

whole avocado \$1.95

Chicken Thai Lettuce Wraps

sliced rotisserie chicken and spicy peanut butter spread on romaine lettuce
\$8.25/\$10.25

Amy's Acai Bowl

purred acai berries \$5.95

add strawberries, bananas, dried cranberries \$.75/ea

add almond granola, peanut butter \$1.49/ea

Salads

(add sliced oven-gold turkey, sliced rotisserie chicken, sliced baked ham, sliced roast beef \$2.25/ea or tuna, grilled chicken \$3.75/ea)

Grilled Chicken Quinoa Salad

kale, grilled chicken breast, quinoa mix, spicy black beans, tabbouleh and avocado with a seasonal dressing on the side \$9.95

Tuna Salad

white albacore tuna mix, mixed greens, black olives, pickles, and cherry tomatoes with a seasonal dressing on the side \$8.45

Scott's Spicy Tuna Salad

spicy white albacore tuna mix, baby spinach, cherry tomatoes, and avocado with a seasonal dressing on the side \$8.95

Cobb Salad

sliced oven gold turkey and roast beef, mixed greens, feta cheese, cucumbers, mushrooms, and cherry tomatoes with a season dressing on the side \$9.95

Power Salad

baby spinach, feta cheese, hearts of palm, black olives, artichokes, mushrooms, red onions, and pumpkin seeds with a seasonal dressing of the side \$8.25

Refresher Salad

mixed greens, feta cheese, black olives, cucumbers, garbanzo beans, cherry tomatoes, and pecans with pesto and a seasonal dressing on the side \$8.25

Berries & Spinach Salad

baby spinach, feta cheese, dried cranberries, grapes, strawberries, and almonds with a seasonal dressing on the side \$8.25

Caprese Salad

baby spinach, basil, mozzarella, and tomatoes with pesto and a seasonal dressing on the side \$8.25

Vibrant Salad

mixed greens, bell peppers, carrots, red onions, red cabbage, black olives, and cherry tomatoes with a seasonal dressing on the side \$8.25

Greek Salad

mixed greens, feta cheese, mex mix, black olives, cucumber, and cherry tomatoes with a seasonal dressing on the side \$8.25

Caesar Salad

romaine, parmesan cheese, avocado, and mushrooms with caesar dressing on the side \$8.25

Side Salad

baby spinach, feta cheese, cherry tomatoes, and black olives with balsamic vinaigrette on the side \$4.95

Sandwiches/Wraps

(choice of cold/hot; served with fresh fruit)

Pick a Bread/Wrap

bread- whole wheat, whole grain, sourdough

wraps- wheat, spinach, tomato, lettuce

Green Gobbler

sliced oven gold turkey, swiss cheese, baby spinach, avocado, tomatoes, and hummus on your choice of bread/wrap \$8.25/\$10.25

Pavo Guacamole

sliced oven gold turkey, swiss cheese, mixed greens, tomatoes and spicy guacamole on your choice of bread/wrap \$8.25/\$10.25

The Hickory

sliced oven gold turkey, swiss cheese, mixed greens, pickles, red onions, dijon, and hummus on your choice of bread/wrap \$8.25/\$10.25

Dr. Luke

sliced roast beef, feta cheese, baby spinach, tabbouleh, mex mix, jalapenos, and hummus toasted on your choice of bread/wrap \$8.25/\$10.25

Spiced Beef

sliced roast beef, provolone cheese, mixed greens, mex mix, tomatoes, jalapenos and horseradish toasted on your choice of bread/wrap \$8.25/\$10.25

Simply Ham

sliced baked ham, provolone cheese, mixed greens, tomatoes, pickles, and dijon on your choice of bread/wrap \$8.25/\$10.25

Chicken & Tabbouleh

sliced rotisserie chicken, mixed greens, tabbouleh, carrots, and red onions on your choice of bread/wrap \$8.25/\$10.25

The Dallas

sliced oven gold turkey, swiss cheese, mixed greens, tomatoes, jalapenos, hummus, and guacamole with spicy herb vinaigrette on the side on your choice of bread/wrap \$8.45/\$10.95

Chicken Caesar

sliced rotisserie chicken, parmesan cheese, mixed greens, avocado, mushrooms, and caesar dressing on your choice of bread/wrap \$8.25/\$10.25

Tunita

white albacore tuna mix, mixed greens, black olives, pickles, and tomatoes on your choice of bread/wrap \$8.45/\$10.95

Tuna Melt

white albacore tuna mix, provolone cheese, tabbouleh, and herb vinaigrette toasted on your choice of bread/wrap \$8.45/\$10.95

Rocky Balboa

sliced rotisserie chicken and baked ham, provolone cheese, mixed greens, tomatoes, red onions, light mayo, and oil & vinegar toasted on your choice of bread/wrap \$9.50/\$11.95

V

swiss cheese, mixed greens, avocado, tomatoes, carrots, black olives, mushrooms, red onions, and hummus on your choice of bread/wrap \$8.25/\$10.25

Fruit-wich

peanut butter, golden raisin, sliced apple and banana, and agave nectar on your choice of bread/wrap \$7.25

Crazy Mike

chef's choice/creation; please specify if you don't care for a certain option \$8.95/\$10.95

From The Grill

The Birdman

free-range grilled chicken breast, provolone cheese, mixed greens, tomatoes, and red onions with dijon on your choice of bread/wrap; served with spicy herb vinaigrette and fresh fruit on the side \$9.95
extra grilled chicken \$3.75/ea

Smart Burger

portabello mushroom, swiss cheese, avocado, bell peppers, red onions, carrots, and hummus on your choice of bread/wrap; served with spicy herb vinaigrette and fresh fruit on the side \$9.95
add grilled chicken or ground turkey patty \$3.75/ea

The Turk

ground turkey burger patty, provolone cheese, mixed greens, tomatoes, and red onions on your choice of bread/wrap; served with dijon and spicy herb vinaigrette and fresh fruit on the side \$9.95
extra ground turkey patty \$3.75/ea

Zaza Rice Bowl

free-range grilled chicken breast, brown rice, baby spinach, red onions, mushrooms, tomatoes, and bell peppers
pick two sauces- soy, balsamic, sriracha, olive oil \$9.95
extra sauces \$.50/ea
extra veggies \$1.50
extra chicken \$3.75/ea

Lexi Wraps

free-range grilled chicken breast, baby spinach, red onions, mushrooms, tomatoes, and bell peppers on romaine lettuce; served with spicy vinaigrette and fresh fruit on the side \$9.95

Quinoa Wraps

quinoa mix and free-range grilled chicken breast on romaine lettuce; served with spicy herb vinaigrette and fresh fruit on the side \$9.95

Sugar Ray

sweet mashed potatoes, free-range grilled chicken breast, blue cheese, baby spinach, and almonds with blue cheese dressing and fresh fruit on the side \$9.95

Camacho Wrap

brown rice, spicy black beans, free-range grilled chicken breast, baby spinach, red onions, mushrooms, tomatoes, bell pepper and guacamole in your choice of wrap; served with spicy herb vinaigrette and fresh fruit on the side \$9.95

Grilled Cheese

(served with fresh fruit)

Original Grilled Cheese

cheddar cheese on your choice of bread/wrap \$5.25

Tomato Toastie

cheddar cheese and tomatoes on your choice of bread/wrap \$6.25

Triple Threat

provolone, feta, and parmesan on your choice of bread/wrap; served with yellow mustard on the side \$6.45

Raging Bull

mozzarella, tomatoes, pepperoni, and basil on your choice of bread/wrap; served with olive oil on the side \$7.25

PB&J's

(served with fresh fruit)

Original PB&J

peanut butter and strawberry jelly on your choice of bread/wrap \$5.25

Cruncher

PB&J with sliced apple and agave nectar on your choice of bread/wrap \$6.25

Elvis

PB&J with sliced banana and agave nectar on your choice of bread/wrap \$6.25

Soopaman

PB&J with almond granola, sliced banana and agave nectar on your choice of bread/wrap \$6.95

Build Your Own Sandwich/Wrap

(served with fresh fruit)

\$9.95

Pick a Bread/Wrap
breads- whole wheat, whole grain, sourdough, rye
wraps- wheat, spinach, tomato, lettuce

Pick a Spread
yellow mustard, dijon, mayo, horseradish, caesar, oil & vinegar
specialty- spicy herb vinaigrette (\$.95),
hummus(\$1.49), pesto(\$.95), guacamole(\$1.49)

Pick a Protein (pick ONE/extra \$2.95/ea)
sliced oven-gold turkey, sliced rotisserie chicken,
sliced baked ham, sliced roast beef, white albacore
tuna mix, ground turkey patty, grilled chicken breast,
pepperoni, salami, portobello cap

Pick a Cheese (pick ONE/extra \$.95/ea)
provolone, swiss, blue cheese crumbles, shredded
cheddar, parmesan, mozzarella, feta

Pick Your Fillings (pick up to FOUR/extra \$.50/ea)
baby spinach, mixed greens, kale, tomatoes, red
onions, pickles, mushrooms, carrots, black olives,
jalapeños, garbanzo beans, hearts of palm,
artichoke
specialty- avocado (\$1.49), tabbouleh (\$.95), mex
mix (\$.95)

Build Your Own Bowl

(served with fresh fruit)

\$9.95

Pick a Base (pick ONE/extra \$2/ea)
quinoa, spicy black beans, brown rice, sweet
mashed potatoes, mixed greens, baby spinach, kale

Pick a Protein (pick ONE/extra \$2.95/ea)
sliced oven-gold turkey, sliced rotisserie chicken,
sliced baked ham, sliced roast beef, white albacore
tuna mix, ground turkey patty, grilled chicken breast,
portobello cap

Pick Your Toppings (pick up to FOUR/extra \$.50/ea)
baby spinach, mixed greens, kale, tomatoes, red
onions, pickles, mushrooms, carrots, black olives,
jalapeños, garbanzo beans, hearts of palm,
artichoke
specialty- avocado (\$1.49), tabbouleh (\$.95), mex
mix (\$.95), guacamole (\$1.49), hummus (\$1.49)

Pick a Cheese (pick ONE/extra \$.95/ea)
provolone, swiss, blue cheese crumbles, shredded
cheddar, parmesan, mozzarella, feta

Pick Your Side Sauce (pick up to TWO/extra
\$.50/ea)
soy, sriracha, balsamic, olive oil, herb vinaigrette,
spicy herb vinaigrette, caesar