

LUNCH/DINNER

#SouthpawsCafe (Equinox HP)

Starters

Hummus/Tabbouleh/House Bread or Veggies \$5.20

Apple Slices with Agave Peanut Butter \$5.20

Seasonal Fruit Bowl with Agave Yogurt Dip \$5.20

Fruit & Granola Parfait

almond granola, vanilla yogurt, dried cranberries, grapes and strawberries
16oz. \$5.70

Covered Cantaloupe (seasonal)

cantaloupe with cottage cheese, dried cranberries, grapes, and pecans \$6.50

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 \$6.95

extra tuna \$3.75/ea

extra hummus or tabbouleh \$1.50/ea

whole avocado \$1.95

Chicken Thai Lettuce Wraps

sliced deli chicken and spicy peanut butter spread on romaine lettuce \$8.50/\$10.50

Salads

DRESSINGS: balsamic vinaigrette, herb vinaigrette, raspberry vinaigrette, ranch, caesar, oil/vinegar

ADD: sliced oven-gold turkey, sliced deli chicken, sliced baked ham, sliced roast beef \$2.25/ea or tuna \$3.75/ea

Tuna Salad

white albacore tuna mix, mixed greens, black olives, pickles, and cherry tomatoes with your choice of dressing on the side \$9.45

Scott's Spicy Tuna Salad

spicy white albacore tuna mix, baby spinach, cherry tomatoes, and avocado with your choice of dressing on the side \$9.45

Cobb Salad

sliced oven gold turkey and roast beef, mixed greens, feta cheese, cucumbers, mushrooms, and cherry tomatoes with your choice of dressing on the side \$10.45

Power Salad

baby spinach, feta cheese, hearts of palm, black olives, artichokes, mushrooms, red onions, and pumpkin seeds with your choice of dressing on the side \$8.95

Refresher Salad

mixed greens, feta cheese, black olives, cucumbers, garbanzo beans, cherry tomatoes, and pecans with pesto and your choice of dressing on the side \$8.95

Berries & Spinach Salad

baby spinach, feta cheese, dried cranberries, grapes, strawberries, and almonds with your choice of dressing on the side \$8.95

Caprese Salad

baby spinach, basil, mozzarella, and tomatoes with pesto and your choice of dressing on the side \$8.95

Vibrant Salad

mixed greens, bell peppers, carrots, red onions, red cabbage, black olives, and cherry tomatoes with your choice of dressing on the side \$8.95

Greek Salad

mixed greens, feta cheese, mex mix, black olives, cucumber, and cherry tomatoes with your choice of dressing on the side \$8.95

Caesar Salad

romaine, parmesan cheese, avocado, and mushrooms with caesar dressing on the side \$8.95

Side Salad

baby spinach, feta cheese, cherry tomatoes, and black olives with your choice of dressing on the side \$5.20

Sandwiches/Wraps

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

PICK A BREAD or WRAP

breads- 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 \$9.45/\$11.45

Pavo Guacamole

sliced oven gold turkey, swiss cheese, mixed greens, tomatoes and spicy guacamole on your choice of bread/wrap \$9.45/\$11.45

The Hickory

sliced oven gold turkey, swiss cheese, mixed greens, pickles, red onions, dijon, and hummus on your choice of bread/wrap \$9.45/\$11.45

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 \$9.45/\$11.45

Dr. Luke

sliced roast beef, feta cheese, baby spinach, tabbouleh, mex mix, jalapenos, and hummus toasted on your choice of bread/wrap \$9.45/\$11.45

Spiced Beef

sliced roast beef, provolone cheese, mixed greens, mex mix, tomatoes, jalapenos and horseradish toasted on your choice of bread/wrap \$9.45/\$11.45

Simply Ham

sliced baked ham, provolone cheese, mixed greens, tomatoes, pickles, and dijon on your choice of bread/wrap \$9.45/\$11.45

Chicken Caesar

sliced deli chicken, parmesan cheese, mixed greens, avocado, mushrooms, and caesar dressing on your choice of bread/wrap \$9.45/\$11.45

Lone Star

sliced deli chicken, bacon, provolone cheese, mixed greens, avocado, and tomatoes with a side of ranch on your choice of bread/wrap \$9.45/\$11.45

Tunita

white albacore tuna mix, mixed greens, black olives, pickles, and tomatoes on your choice of bread/wrap \$9.45/\$11.45

Tuna Melt

white albacore tuna mix, provolone cheese, tabbouleh, and herb vinaigrette toasted on your choice of bread/wrap \$9.45/\$11.45

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 \$10.45/\$12.45

V

swiss cheese, mixed greens, avocado, tomatoes, carrots, black olives, mushrooms, red onions, and hummus on your choice of bread/wrap \$9.45

Fruit-wich

peanut butter, golden raisin, sliced apple, banana, and agave nectar on your choice of bread/wrap \$7.75

Crazy Mike

chef's choice/creation; please specify if you don't care for a certain option \$9.45/\$11.45

Build Your Own Sandwich/Wrap

(served with fresh fruit)

\$11.45

Pick a Bread/Wrap

breads- whole wheat, whole grain, sourdough
wraps- wheat, spinach, tomato, lettuce

Pick a Spread

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

Pick a Protein (pick ONE/extra \$2.95/ea)

sliced oven-gold turkey, sliced deli chicken, sliced baked ham, sliced roast beef, pepperoni, white albacore tuna mix

Pick a Cheese (pick ONE/extra \$.95/ea)

provolone, swiss, shredded cheddar, parmesan, mozzarella, feta

Pick Your Fillings (pick up to FIVE/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 Salad

(served with fresh fruit)

\$11.45

Pick a Base (pick ONE/extra \$2/ea)

mixed greens, baby spinach, kale

Pick a Protein (pick ONE/extra \$2.95/ea)

sliced oven-gold turkey, sliced deli chicken, sliced baked ham, sliced roast beef, white albacore tuna mix

Pick Your Toppings (pick up to FIVE/extra \$.50/ea)

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 Dressing (pick ONE/extra \$.50/ea)

balsamic vinaigrette, herb vinaigrette, raspberry vinaigrette, ranch, caesar, oil/vinegar

Grilled Cheese

(served with fresh fruit)

Original Grilled Cheese

cheddar cheese on your choice of bread/wrap \$5.75

Tomato Toastie

cheddar cheese and tomatoes on your choice of bread/wrap \$6.75

Raging Bull

mozzarella, tomatoes, pepperoni, and basil on your choice of bread/wrap; served with olive oil on the side \$7.75

Uptown

cheddar cheese, provolone cheese, bacon, and avocado on your choice of bread/wrap; served with ranch on the side \$7.75

PB&J's

(served with fresh fruit)

Original PB&J

peanut butter and strawberry jelly on your choice of bread/wrap \$5.75

Cruncher

PB&J with sliced apple and agave nectar on your choice of bread/wrap \$6.75

Elvis

PB&J with sliced banana and agave nectar on your choice of bread/wrap \$6.75

Soopaman

PB&J with almond granola, sliced banana and agave nectar on your choice of bread/wrap \$7.45

Catering available at www.SouthpawsGrill.com