

Salads

Michigan salad **\$8.95**

Grilled chicken, diced red apples and green pears served on a bed of greens topped with blue cheese, walnuts and dried cherries.

Tuscan Chicken salad **\$8.95**

Grilled chicken, sun-dried tomatoes and artichokes served on a bed of greens and topped with parmesan cheese.

Tuna salad **\$7.95**

Janet's famous tuna salad on a bed of greens with sliced cucumbers and tomatoes.

BBQ salad **\$8.95**

Grilled or BBQ chicken or salmon on a bed of greens with red onions, tomatoes, avocados and cheddar cheese.

Balsamic salad **\$8.95**

Balsamic or grilled chicken, red onions, roasted peppers, sun-dried tomatoes, mushrooms and artichokes on a bed of greens topped with feta or parmesan cheese.

Hot Momma salad **\$8.95**

Grilled chicken or veggie patty cooked in Frank's red hot sauce with grilled onions, peppers and mushrooms on a bed of greens topped with tomatoes and avocados.

Wraps

All wraps include chips

Turkey, Avocado & Bacon Wrap

Full: \$8.95 Half: \$6.50

Sliced grilled turkey, bacon, avocados, lettuce & tomatoes with cheddar cheese

Tuna Wrap

Full: \$7.95 Half: \$5.50

A scoop of Janet's famous tuna salad with lettuce and tomatoes

Tuscan Chicken Wrap

Full: \$8.95 Half: \$6.50

Grilled Chicken Breast, artichokes, sun-dried tomatoes, parmesan cheese and pesto aioli sauce

Hot Mamma Wrap

Full: \$8.95 Half: \$6.50

A spicy veggie patty cooked in Frank's Red Hot Sauce with red onions, roasted peppers, mushrooms, spinach, tomatoes and avocados

Sugar Daddy Wrap

Full: \$8.95 Half: \$6.50

Grilled chicken topped with sweet BBQ sauce, grilled onions, mild peppers, bacon, tomatoes, lettuce and feta cheese

Honey Mustard Wrap

Full: \$8.95 Half: \$6.50

Grilled chicken with honey mustard sauce, grilled onions, lettuce, tomatoes & Swiss cheese

Grilled Veggie Wrap

Full: \$7.95 Half: \$5.50

Grilled peppers, onions, mushrooms, spinach, sun-dried tomatoes, artichokes and feta cheese
Add choice of meat for \$1.95

Sandwiches

All sandwiches include chips

Tuna Melt **\$7.95**

Janet's famous tuna salad on grilled white or wheat bread with melted cheddar cheese

Grilled BBQ sandwich **\$8.95**

Grilled BBQ chicken with spinach and tomatoes on white or wheat bread

Hot Turkey & Swiss **\$7.95**

Slices of hot turkey topped with Swiss cheese with lettuce and tomatoes on your choice of white or wheat bread

Cajun Chicken sandwich **\$8.95**

Spicy Cajun chicken patty with red onions, Swiss cheese, lettuce and tomatoes

Veggie Burger **\$8.95**

Veggie burger patty with red onions, Swiss cheese, lettuce and tomatoes



Carry Out ★ Menu ★

Hours:

Lunch: 11am-1:45pm

Dinner: 3:30pm-6:15pm

Phone:

248-642-8500

Ext: 205

31555 Southfield Rd

Beverly Hills, MI 48025

shakes & smoothies

smoothies **\$5.25**

Pro-1 • Carb-48 • Fat-0 • Cal-196

Low-Carb Protein shakes **\$5.75**

Pro-32 • Carb-8 • Fat-2 • Cal-180

High Protein shakes **\$6.25**

Contain 36 to 40 grams of protein

Low Calorie Burners **\$6.25**

Contain 18 to 22 grams of protein and contain
the Fat Burning Blend

Multi-vitamin Blend, Energy Blend or Fat

Burner Blend Ad On: **\$.50**

Creatine, Glutamine, Meal Replacement

or Whey Protein Ad On: **\$1.00**

Beverages

Coke Products

Small **\$0.75** Medium **\$1.00** Large **\$1.85**

stushes

Small **\$1.75** Medium **\$2.25** Large **\$3.50**

Bottled Water

Small **\$1.00** Large **\$1.50**

Juice **\$1.50**

(Apple, Cranberry and Orange)

Gatorade **\$1.85**

Kids Menu

Kid's meals are all \$5.95 each
Includes a small drink (juice box, milk or pop)
and chips or fruit cup/applesauce
A la cart items are \$4.00 each

Chicken Tenders

Three grilled breaded chicken tenders

Turkey Frank

Mac n' Cheese

Quesadilla

Option of just cheese or chicken
and cheese

Chicken Tender Wrap

Grilled breaded chicken tenders in a wrap
with cheese

Peanut Butter & Jelly sandwich

Turkey & Cheddar sandwich

Grilled Cheese sandwich

snacks

Fruit **\$1.00** Fruit Cup **\$1.00**

Yogurt **\$1.75** Cookies **\$.50 ea.**

Chips **\$1.00** Popcorn **\$1.75**