

## Signature Sandwiches

--- Cold \$8.45 ---

### Baja Chipotle Turkey 630 cal.

turkey, chipotle honey yogurt dressing, shaved cabbage, pickled red onions, tomato, avocado, pepper jack cheese, salt & pepper with your choice of bread

### The Italian 650 cal.

salami, ham, roasted pepper black olive tapenade, provolone cheese, red wine vinaigrette, lettuce, tomato, red onions, salt & pepper with your choice of bread

### Smoked Turkey Goddess 630-690 cal.

smoked turkey, avocado goddess dressing, havarti cheese, lettuce, tomato, red onion, salt & pepper with your choice of bread

### Louisville Chicken Salad 710-770 cal.

chicken, seasoned mayonnaise, sweet & spicy pecans, lettuce, tomato, red onion, salt & pepper with your choice of bread

### Veggie Hummus 540 cal.

homemade hummus, avocado, spinach, pickled red onions, roasted carrots, cucumbers, tomato, salt & pepper & red wine vinaigrette with your choice of bread

--- Hot \$8.95 ---

### The Cubano 590 cal.

smoked turkey, ham, swiss cheese, sweet & spice pickles, pickled red onions and dijon mustard with your choice of bread

### Grown Up Grilled Cheese 680-730 cal.

melted sharp cheddar & provolone cheese, thinly sliced granny smith apples, bacon and mandarin orange pepper jelly

### Smoked BBQ Cheddar Chicken 660 cal.

chicken breast, bacon, bbq sauce, cheddar cheese, lettuce, tomato and red onion with your choice of bread

### Green Chili Turkey Melt 650-700 cal.

smoked turkey, cheddar cheese, tomato, roasted green chiles and green chile mayo with your choice of bread

### Chipotle Cheese Steak 740 cal.

roast beef, havarti cheese, marinated roasted bell peppers & onions and chipotle honey yogurt dressing and your choice of bread

## Everyday Breads

Honey Whole Wheat	Sourdough
Country White	Cheddar Garlic
Dakota	Rye

## The Classic Sandwich 600-690 cal. **\$7.45**

Your choice of meats, cheese and bread with lettuce, tomato, red onion, salt & pepper, mayonnaise and dijon mustard

Meats: Turkey, Ham, Chicken or Roast Beef

Cheeses: Cheddar, Swiss, Pepper Jack, or Provolone

## Salads & Grain Bowls **\$8.95**

Add Chicken, turkey or bacon for \$2.25

### The Yardbird 660 cal.

mixed greens, chicken, roasted seeds & nuts, roasted chickpeas, golden raisins and parmesan cheese topped with avocado goddess dressing

### The Mexicali 300 cal.

mixed greens, smoked turkey breast, avocado, shaved cabbage, cherry tomatoes, red onions, black beans and tortilla chips topped with chipotle honey yogurt dressing

### The Cobb 480 cal.

mixed greens, chicken, bacon, hardboiled eggs, cherry tomatoes, avocado, blue cheese and croutons topped with red wine vinaigrette

### Fresh Seasons Grain Bowl 370-400 cal.

mixed greens & kale, sliced almonds, sunflower seeds, feta cheese and seasonal fresh fruit tossed with roasted wheat berries & quinoa and topped with balsamic vinaigrette

### Roasted Carrot Tahini Grain Bowl 410 cal.

honey & curry roasted carrots, mixed greens, chickpeas, cucumber, golden raisins and sliced almonds, tossed with roasted wheat berries & quinoa and topped with red wine vinaigrette and tahini yogurt dressing

## For the Kids (of any age) **\$4.95**

### Grilled Cheese 660 cal.

cheddar and provolone cheese with garlic herb spread with your choice of bread

### PB&J 650-710 cal.

strawberry jam and peanut butter with your choice of bread

## Side Salad **\$1.50**

mixed greens with our house made croutons, cherry tomatoes and cucumbers with your choice of our house made dressings

## Make it a Combo **\$2.95**

Choose 2 of:  
Large cookie • Deep River Chips • Side Salad • Fresh Fruit Cup • Maine Root Fountain Drink • Small Coffee • Horizon Organic Milk • Simply Orange Juice

## Add to any sandwich **\$1.00**

Gluten Free Wrap, Bacon or Avocado

## Breakfast All Day

Breakfast Sandwich 680-960 cal.

**Cheddar Garlic Biscuit** \$5.95  
**Choice of Bread** \$6.45

*scrambled egg, garlic herb spread, ham or bacon and your choice of cheese*

**Green Onion Avocado Toast** \$6.45

*avocado, green onions, sunflower seed, lemon juice and everything spice on sourdough bread*

**Breakfast Burrito** \$7.95

*Scrambled egg, pepper jack cheese, avocado, bacon, onion and green chili mayo on a gluten-free tortilla*

**Cheddar Garlic Biscuit** 360-380 cal. \$2.95

**Muffins** 560-570 cal. \$3.45

*your choice of pumpkin chocolate chip, cinnamon chip walnut, blueberry, raspberry, apple cinnamon*

**Scones** 560-570 cal. \$3.45

*your choice of blueberry cream cheese (Mon, Weds, Sat); vanilla pecan (Thu); raspberry white chocolate (Sun, Tues, Fri)*

**Cinnamon Roll** 960 cal. \$3.95

**Yogurt Parfait** \$3.75

*fresh fruit and yogurt with our own granola*

**Oatmeal** \$3.45

*your choice of cranberry almond or cinnamon raisin*

**Fresh Fruit Cup** \$1.50

**Smoothies** \$3.95

*mix & match any combination of strawberry, peach, banana, mango or pina colada*

*Add meal replacement or recovery protein for \$1.50*

## Sweets

**Large Cookies** \$1.95

*your choice of chocolate chip, oatmeal chocolate chip, salted caramel, iced sugar, snickerdoodle or peanut butter*

3 for \$5.25  
4 for \$6.95  
6 for \$9.95  
12 for \$8.75

**Bars** \$3.25

**Order Online at [ghsouthlake.com](http://ghsouthlake.com) or [ghalliancctx.com](http://ghalliancctx.com)**

*Pickup or Delivery Services*

## Drinks

### Coffee

*We proudly serve locally roasted Avoca coffees*

### Drip Coffee

**Small (12 oz)** \$2.50

**Large (16 oz)** \$3.00

**Double Espresso** \$2.50

**Plus an Extra Double Shot** \$4.00

**Americano** \$3.00

**Macchiato** \$3.25

**Cortado** \$3.25

### Cappuccino

**Small (8oz)** \$3.25

**Large (12oz)** \$3.75

### Latte

**Small (8oz)** \$3.75

**Large (12oz)** \$4.25

**Cold Brew (24oz)** \$4.00

**Iced Latte (24oz)** \$4.75

**Iced Vanilla Latte (24oz)** \$5.25

*Make any an extra large* + \$0.50

*Add Soy, Almond, or Hemp Milk* + \$0.50

*Add 1.5oz of any syrup* + \$0.50

*Vanilla – We hand scrape Madagascar Vanilla Beans for a very smooth vanilla flavor.*

*Hazelnut – We roast the hazelnuts to bring out their sweet mellow, nutty flavor.*

*Mocha – Made with Guittard's natural cocoa powder for a rich, deep, fudge like flavor.*

**Hot Tea (12oz)** \$2.25

**Chai Latte (12oz)** \$4.25

**London Fog (12oz)** \$4.25

*Freshly steeped Earl Grey tea with steamed milk and our vanilla bean syrup.*

**Hot Chocolate (12oz)** \$3.50

**Maine Root Fountain Sodas (16oz)** \$2.25

**Iced Tea (16oz)** \$2.25

*Sweet or Unsweetened*