

Menu

Signature Sandwiches

--- Cold \$9.55 ---

Baja Chipotle Turkey 620 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 cal.

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

Louisville Chicken Salad 690 cal.

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

California Cobb 550 cal.

applewood smoked chicken breast, fresh avocado, and crispy bacon, with bleu cheese spread, lettuce, tomato, red onion, and 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 \$9.95 ---

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 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 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. **\$8.45**

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 **\$9.95**

Add Chicken, turkey or bacon for \$1.50

The Yardbird 660 cal.

mixed greens, chicken, roasted seeds & nuts, roasted chickpeas, golden raisins, cranberries 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 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) **\$5.35**

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 **\$2.65**

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

Make it a Combo **\$3.55**

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 **\$6.95**
Choice of Bread **\$7.65**

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

Green Onion Avocado Toast **\$7.25**

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

Breakfast Burrito **\$8.65**

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

Cheddar Garlic Biscuit 360-380 cal. **\$3.55**

Muffins 560-570 cal. **\$3.90**

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

Scones 560-570 cal. **\$3.90**

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

Cinnamon Roll 960 cal. **\$4.30**

Yogurt Parfait **\$4.45**

fresh fruit and yogurt with our own granola

Oatmeal **\$4.25**

your choice of cranberry almond or cinnamon raisin

Fresh Fruit Cup **\$2.45**

Smoothies **\$4.45**

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

Add meal replacement or recovery protein for \$1.30

Sweets

Large Cookies **\$2.05**

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

Bars **\$3.75**

brownies or savannah bars as available

Order Online at ghsouthlake.com or ghalliancetxt.com

Take-out / Curbside Pickup

Delivery Services

Drinks

Coffee & Tea

We proudly serve locally roasted Avoca coffees and Sterling Teas

Drip Coffee

Small (12 oz) **\$3.05**

Large (16 oz) **\$3.60**

Double Espresso **\$3.05**

Plus an Extra Double Shot **\$4.85**

Americano **\$3.55**

Macchiato **\$4.00**

Cortado **\$3.90**

Cappuccino

Small (8oz) **\$3.95**

Large (12oz) **\$4.50**

Latte

Small (8oz) **\$4.50**

Large (12oz) **\$5.10**

Cold Brew (24oz) **\$4.85**

Iced Latte (24oz) **\$5.75**

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) **\$2.85**

Chai Latte (12oz) **\$5.10**

London Fog (12oz) **\$5.10**

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

Hot Chocolate (12oz) **\$4.20**

Maine Root Fountain Sodas (24oz) **\$2.45**

Iced Tea (24oz) **\$2.45**

Sweet or Unsweetened