Sandwiches & Wraps

Sandwich: choice of Croissant, Ezekial Bread, or Gluten-Free Bread Wrap: choice of Sweet Potato, Low-Carb, or Gluten Free wrap

Chicken Salad	\$8.95
Egg Salad	\$7.95
Avocado Toast Sandwich	\$9.95
Tuna Salad Tuna, Vegenaise, Eggs, Celery, and Onion	\$8.95
Tuna Melt Tuna Salad grilled with Melted Swiss Cheese	\$9.95
Grilled Turkey Sandwich Turkey, Swiss Cheese, Stoneground Mustard, and Sprouts	\$9.95
Turkey Reuben Turkey Breast, Swiss Cheese, Sauerkraut, and Honey Mustard	\$10.95
OVS Wrap	\$9.95







Italian Salad \$6.25 / \$8.95 Pepperoni, Shredded Cheese, Green Olives, Mild Pepper Rings, and served with Parmesan and Garlic Vinaigrette Dressing



Cashew Chicken Salad \$7.25 / \$10.95

Chicken, Cashews, Onions, Mandarin Oranges, Cajun Sticks, and served with Aisian Dressing

Wellness Salad \$6.95 / \$8.95

"The Healthiest Salad!" Avocado, Broccoli, Green Olives, Flaxseed Meal, and served with Vinegar and Oil Dressing

Greek Salad \$6.95 / \$8.95

Feta Cheese, Black Olives, Tomato, Cucumber, Greek Dressing

Cobb Salad \$8.50 / \$11.95

Chicken, Bacon, Egg, Cheese, Avocado

Seasonal Salads (Summer, Fall) \$11.95

Soups

with a Greek Vinaigrette

Cup - \$4.95 **Bowl** - \$6.50 Quart (pre-ordered) Red Pepper is served daily For the Soup of the Day, call or check our FaceBook page.

A Lavash Wrap filed with Orzo, Veggies, Feta Cheese, and Sprouts

Daily Deal \$9.95 Your choice of: A Half Sandwich & Cup of Soup (+ \$1.00 for grilled sandwich)

For New Specials of the Day, Call or Check our Facebook Page: Facebook.com/DoverHealthyUnhacked



Protein Pox

A Lunch Box with High Protein, Low Carb Items

\$7.95

()esserts

A variety of Keto Desserts available in our deli.

