



Members receive 10% off Wellness Club entrees. Non-members may purchase these entrees at full price. Menu items are listed at full price.

**122 S. First St., DeKalb**  
**815.754.5211**

**Baja Chicken Wrap .....\$4.99**

12 inch Wheat tortilla filled with chicken breast, diced tomato, onion, green pepper, corn, black beans, romaine and salsa.

**Calories: 400      Fat: 10.6 g      Sat. Fat: 2.6 g**

**Hummus Deluxe .....\$5.49**

Choose wheat bagel or roll, with homemade hummus, romaine, tomato, onion and alfalfa sprouts. A high fiber choice at 12 g.

**Calories: 525      Fat: 8 g**

**Cheese Pizza Bagel.....\$3.39**

**Calories: 510      Fat: 12 g      Sat. Fat: 5.8 g**

If you choose to reduce your saturated fat, fat and calorie intake, ask your server to prepare with "less cheese".

**"Wellness Club" .....\$7.29**

Choose a wheat bagel or roll, with oven roasted turkey, ham, romaine, lettuce and tomato. Served with a pickle spear. Brewed, unsweetened iced tea or diet drink included.

**Calories: 440      Fat: 9.75 g      Sat. Fat: 3 g**

Enjoy the Baked Lays and add another 130 calories and 1.5 g fat

**Spinach Focaccia Eggwich .....\$3.99**

Made with cholesterol free eggs, spinach and mozzarella cheese on focaccia bread. Traditionally, this item is prepared with 2 oz. mozzarella cheese.

**Calories: 570      Fat: 11 g      Sat. Fat: 6 g**

If you choose to reduce your saturated fat, fat and calorie intake, ask your server to prepare with "less cheese".

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.