

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

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**202 W. State, Sycamore**  
**815.895.9253**

## **Grilled Portabella Sandwich.....\$5.99**

Served with mozzarella and marinara on a toasted roll.

**Calories: 440**                      **Fat: 15 g**

Plus side salad adds: **60-85 calories**

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## **Oriental Salad .....\$5.99**

Order without chicken or tuna

Enjoy just ½ chow mein noodles on side

**Calories: 495**                      **Fat: 16 g**

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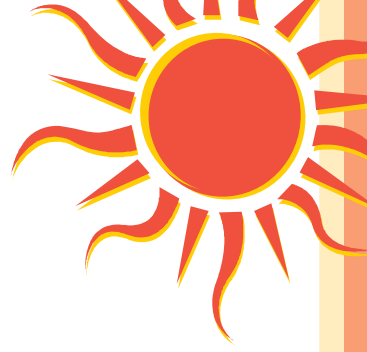
## **Grilled Chicken Salad.....\$6.99**

Served with light dressing

Limit your crouton intake to ½ cup

**Calories: 525 or less**      **Fat: 13 g**      **Sat. Fat: 2.3 g**

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## Judge's Deli.....\$6.29

Order with smoked turkey and mozzarella on rye  
Limit your mayo to no more than 1 T mayo  
Select the side salad (w/light dressing) instead of soup or fries

Calories: 475                      Fat: 15 g  
Plus side salad adds: 60-85 calories

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## Grilled Tuna Sandwich .....\$7.99

Lower the fat further and limit your portion of tartar sauce. Include lettuce, tomato, onion and spicy mustard as desired.

Calories: 460                      Fat: 10 g  
Plus side salad adds: 60-85 calories

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.