

Specialty Sandwiches

All sandwiches served along side an orange & cherry pepper

Kicking Turkey \$8.75

This sandwich has a nice kick! It's made with a lightly sweet jalapeno bread, turkey, melted pepper jack cheese, a few jalapenos, lettuce, tomato, red onion & jalapeno dressing, served warm. If you want this sandwich without the fire, ask for it the "the mild way"

Roast Beef Rye \$8.75

Slow cooked roast beef served on our legendary marble rye, topped with Swiss cheese, lettuce, tomato, onion, & our special mild horseradish sauce, served warm.
(Appx. 350 calories)

BLT \$8.75

LaLa's BLT makes a classic favorite into a low calorie delight. Smoked sliced bacon, lettuce, tomato, & light mayo between two slices of toasted marble rye bread.
(Appx. 350 calories)

Roast Beef Hoagie \$8.75

Slow cooked roast beef served on a warm, sweet, brown wheat hoagie with american cheese, topped with lettuce, tomato, red onion, & mild jalapeno dressing. (Appx. 450 calories)

Chicken Salad Sandwich \$8.75

This old southern style chicken salad has an unexpected sweet, but tangy flavor. Served on our brown wheat hoagie. (Appx. 450 calories)

Jezebel \$8.75

Surprise the palate with this unusual combination of sweet-spicy sauce, drizzled over smoked turkey topped with provolone, & toasted to perfection.
Served with lettuce, tomato, and red onion.
(Appx. 350 calories)

Chicken Cordon Blue \$9.75

Our unique version of this sandwich has lots of meat. Smoked chicken breast, ham, melted swiss cheese with light ranch dressing. Served warm on a whole wheat hoagie with lettuce, tomato, & red onion. (Appx. 450 calories)

Ham & Cream Cheese \$8.75

Whole wheat hoagie with ham topped with melted provolone cheese, whipped cream cheese, lettuce, tomato, and red onion. (Appx. 450 calories)

LaLa's Club \$9.75

Our own take on this classic sandwich. Served on toasted marble rye, with turkey, ham, & smoked bacon. Topped with melted swiss & cheddar, dressed with light mayo & honey mustard with lettuce, tomato & red onion.

Southwest Chipotle Turkey \$9.75

This is a lot of sandwich. Smoked turkey, bacon, pepper jack cheese, guacamole, jalapenos and chipotle sauce. Topped with lettuce, tomato & red onion on sour dough

Messy Marlee \$8.75

This BBQ sandwich is full of sweet salty flavor, chicken breast and cheddar on sourdough bread, drizzled with sweet and sour BBQ sauce, make this sandwich unforgettable (Appx. 400 calories)

Specialty Salads

Chicken Salad \$10.05

This old southern style chicken salad has an unexpected sweet but tangy flavor. Served with crackers on a bed of lettuce. (Appx. 350 calories)

LaLa's Big Chef Salad \$10.49

We've taken the traditional chef salad & added the LaLa's twist for a huge hearty meal. Lot's of turkey, ham, bacon, an egg, cheese, & tomato wedges. Served over a large bed of lettuce with your choice of dressing. (Appx. 450 calories)

Strawberry Pecan Salad \$10.49

A bed of fresh green spinach leaves are the perfect start. Topped with sliced strawberries, crumbled feta, & old fashioned sugar pecans. Served with a side of sweet poppydressing. (Appx. 350 calories)

Grilled Chicken Salad \$10.05

Served on a bed of spinach leaves, smothered with grilled chicken, bacon, & swiss cheese. Served with the dressing of your choice. (Appx. 450 calories)

Hearty Spinach Salad \$10.05

This salad starts with a bed of fresh spinach leaves topped with sliced egg, large tomato wedges, crumbled feta, bacon, & red onion. (Appx. 350 calories)

Physita Salad \$10.49

Our low carb take on a fajita salad. A bed of Romaine lettuce, topped with lots of smoked turkey, guacamole, diced tomato, red onion, and chopped jalapenos.

Crumbled bacon and a drizzle of chipotle
(Appx. 350 calories)

Your choice of dressing:

Light Ranch, Jalapeno Ranch, Chipotle, Balsamic Vinaigrette, Light Italian, Jezebel, & Poppy Seed

Wraps

Sundried Tomato Wrap \$8.75

A large sun dried tomato tortilla filled with sliced turkey, melted provolone, strawberries & kiwi. A balsamic vinaigrette gives this wrap an unforgettable flavor. (Appx. 350 calories)

Chicken Bacon Wrap \$8.75

This sundried tomato wrap is filled with smoked sliced chicken breast & smoked bacon, drizzled with a light ranch dressing & topped with lettuce, tomato & red onion (Appx. 350 calories)

Turkey Guac \$8.75

A tomato wrap topped with turkey & guacamole with a kick. Served with lettuce, tomato, onion & jalapenos. (Appx. 350 calories)

Vegetarian Wrap \$8.75

Low carb wrap with eggs, guacamole, & a sweet kick of Jezebel sauce. Top it off with, lettuce, tomato and onion (Appx. 350 calories)

Extra Cheese .75

Extra Meat 2.50

Double Meat 3.50

Extra Cherry Pepper/Orange .15

Extra Side of Dressing/Drizzle .75

Extras

Sea Salted Kettle Chips 1.25

Fruit Cup 3.00

Brewed Ice Tea 1.50

(Raspberry & Peach also available)

Lemonade 1.50 (also available in sugar free, Peach & Raspberry)

Refersher Tea 4.50 (Wildberry Hibiscus, Blood Orange Coconut Ginger, Strawberry Acai, Watermelon Cucumber Mint)

Add On