

# 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)

- ### Extras
- Extra Cheese .75
  - Extra Meat 2.50
  - Double Meat 3.50
  - Extra Cherry Pepper/Orange .15
  - Extra Side of Dressing/Drizzle .75

## 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