

# BOXED LUNCH

ONLY AT YOUR NEIGHBORHOOD BIG APPLE BAGELS®

**FAX TO: (231) 929-9866**

FOR: \_\_\_\_\_ PICK-UP TIME: \_\_\_\_\_ PHONE: \_\_\_\_\_

**\$13<sup>50</sup>\*** 720-1410 CAL.

*All boxed lunches include sandwich, chips, fresh fruit, mini-muffins & napkin. Beverages separate.\*\**

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| <p><b>#1 TURKEY CLUB</b> 500 - 660 CAL.<br/>Roast turkey, bacon, American cheese, mayo, lettuce &amp; tomato</p> <p><b>#2 CLASSIC TURKEY</b> 420 - 580 CAL.<br/>Roast turkey, lettuce, tomato, &amp; mayo</p> <p><b>#3 TURKEY &amp; HAVARTI</b> 540 - 700 CAL.<br/>Smoked turkey, Havarti cheese, lettuce, tomato, with a smear of onion &amp; chive cream cheese</p> <p><b>#4 GRILLED CHICKEN</b> 450 - 610 CAL.<br/>Grilled chicken breast, lettuce, tomato, &amp; mayo</p> <p><b>#5 BIG APPLE CLUB</b> 490 - 650 CAL.<br/>Ham, roast turkey, bacon, American cheese, mayo, lettuce &amp; tomato</p> <p><b>#6 HOLEY GUACAMOLE</b> 350 - 510 CAL.<br/>Roast turkey, guacamole, green pepper, lettuce &amp; tomato</p> | <p><b>#7 MEDITERRANEAN VEG-OUT</b> 370 - 620 CAL.<br/>Hummus or cream cheese, lettuce, tomato, cucumber, green pepper &amp; red onion</p> <p><b>#8 HAM &amp; CHEDDAR</b> 490 - 650 CAL.<br/>Ham, cheddar cheese, lettuce, tomato &amp; mayo</p> <p><b>#9 B.L.T.</b> 390 - 550 CAL.<br/>Bacon, lettuce, tomato &amp; mayo</p> <p><b>#10 CHICKEN CAESAR</b> 490 - 650 CAL.<br/>Grilled chicken breast, Parmesan cheese, tomato, lettuce &amp; our special Caesar dressing</p> <p><b>#11 KICK-N-ROAST BEEF</b> 440 - 600 CAL.<br/>Roast beef, horseradish sauce, lettuce &amp; tomato</p> <p><b>#12 ROMA ITALIAN</b> 550 - 710 CAL.<br/>Ham, hard salami, Provolone cheese, lettuce, tomato, red onion &amp; Vinaigrette dressing</p> |
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\*\* Canned Coke, Diet Coke, Sprite, Diet Sprite • Bottled Milk • Orange or Apple Juice - \$3.00 (0 - 400 CAL.)

| Person or Quantity | Item # | Bread Type  | Special Instructions (include bread or bagel type) | Beverage |
|--------------------|--------|---|--|----------|
| _____              | _____  | <input type="checkbox"/> Bagel <input type="checkbox"/> Bread | _____  | _____    |
| _____              | _____  | <input type="checkbox"/> Bagel <input type="checkbox"/> Bread | _____  | _____    |
| _____              | _____  | <input type="checkbox"/> Bagel <input type="checkbox"/> Bread | _____  | _____    |
| _____              | _____  | <input type="checkbox"/> Bagel <input type="checkbox"/> Bread | _____  | _____    |
| _____              | _____  | <input type="checkbox"/> Bagel <input type="checkbox"/> Bread | _____  | _____    |
| _____              | _____  | <input type="checkbox"/> Bagel <input type="checkbox"/> Bread | _____  | _____    |

\*ADDITIONAL CHARGE FOR BABS' CHOICE® BAGEL

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

