

ORDERS ABBREVIATIONS

Learn all about it

Only the Highest Quality Food • The Highest Personal Standards • Out-of-this World Hospitality
A Healthy, Growing Company • A Great Place to Work



Employee Training Schedule

DAY 1

- Questions?
- Trainer to discuss menu products and placement on tickets
- Complete pre shift duties with a trainer
- Do a line check with the manager, taste all product
- During shift, observe trainer taking orders and assist when comfortable
- After shift, complete post shift duties with a trainer
- With the trainer, discuss written tickets from the shift, looking at prices, abbreviations and organization

DAY 2

- Questions from first day?
- Complete pre shift duties with a trainer
- Do a line check with the manager, taste all product
- During the shift, with the trainer, take orders
- After shift, complete post shift duties with a trainer
- With the trainer, discuss written tickets from the shift, looking at prices, abbreviations and organization

DAY 3

- Questions from the 2nd day?
- Do a line check with the manager, taste all product
- With trainer observing, complete pre shift duties
- During the shift, with the trainer observing, take orders
- After the shift, with the trainer observing, complete post shift duties
- With the trainer, discuss written tickets from the shift, looking at prices, abbreviations and organization
- Take test OR, if necessary, add more training days.

KEY

CHZ&O'S — Cheese & Onions?

ATW — All the way?

M&M — Mayo & mustard?

▲ — Blue Corn Chips & Salsa, fruit, baked chips or steamies

👤 — Pass this Item

V — Vegetarian

Please refer to your deli's menu for prices

Hot Soups (160 / 550 cal)

Soups - Cup:\$___ Bowl:\$___ **Soups** - Cup:\$___ Bowl:\$___

- | | |
|---------------------------------------|---|
| Chicken Noodle NOODLE | Chili CHILI CHZ&O's? ATW? (ALL THE WAY?) |
| Fire Roasted Tortilla TORT | Southwest Chicken Chili SW CHIL CHZ&O's? |
| V Organic Vegetable VEG | Spicy Seafood Gumbo GUMBO |
| V Tomato Basil Soup TOM | Chicken Pot Pie Pot Pie |
| Broccoli Cheese BROC | Seasonal Beef Stew STEW |
| | Irish Potato POT CHZ&BACON? |

ORDERS ABBREVIATIONS

Salads

Nutty Mixed-Up Salad - Original:\$____/Lighter portion:\$____
Grilled, 100% antibiotic free chicken breast, organic field greens, grapes, feta, nuts, dried cranberries, pumpkin seeds, raisins and organic apples, served with balsamic vinaigrette. (760/420 cal)

NUTTY LITE/NUTTY
NUTTY/86 CK
LITE/ NUTTY/86 CK

Salad without chicken - Original:\$____/Lighter portion:\$____

CK CSR LITE/CK CSR
CK CSR/86 CK
LITE/CK CSR/86 CK

Chicken Caesar Salad - Original:\$____/Lighter portion:\$____
Grilled, 100% antibiotic free chicken breast, romaine, asiago, croutons, creamy caesar dressing. (700/350 cal)

Salad without chicken - Original:\$____/Lighter portion:\$____

CHEF LITE/CHEF

The Big Chef - Original:\$____/Lighter portion:\$____
Ham, turkey breast, Asiago, cheddar, tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens, served with ranch dressing. (930 /470 cal)

Chicken Club Salad - Original:\$____/Lighter portion:\$____
Grilled, 100% antibiotic free chicken breast, on mixed salad greens, grape tomatoes, sliced avocado, cheddar, asiago, bacon, served with ranch dressing. (1010 /540 cal)

CK CLUB SAL
LITE/CK CLUB SAL

Substitute wild salmon (220 cal) for any meat on the 4 salads above - add \$____

SALMON PACIFICA

NEW! Salmon Pacifica -Original:\$____/Lighter portion:\$____
Wild Alaska sockeye salmon, organic field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, chopped avocados, served with New! cucumber-dill vinaigrette. (450 cal)

Taco Salad - Original:\$____/Lighter portion:\$____
Grilled, organic blue corn tortilla chips, topped with your choice of chili, southwest chicken chili or Red beans. Garnished with cheddar cheese, sour cream, southwest spices, homemade pico de gallo and guacamole, salsa on the side. (730/1280 cal)

TACO/ CHILI, SW CHILI or BEANS
LITE/TACO/CHILI, SW CHILI OR BEANS

Mesa Chicken Salad - Original:\$____/Lighter portion:\$____
Grilled, 100% antibiotic free chicken breast, mixed greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with NEW! Jalapeno Ranch dressing. (850/490 cal)

MESA SAL
LITE/MESA SAL

Meatless Eats

Garden Fresh Salad Bar - V \$____
Indulge all you like! Fresh organic, dozens of toppings, real cheeses, fresh-made sides and famous mini muffins.
add side of: tuna salad, chicken salad, turkey, smoked turkey or ham \$____

SB
SB/TUNA, CHIC, TK, SM TK, HAM

Natural grilled chicken breast (140 cal) \$____
or 4-piece J.D. Nuggetz (170 cal) \$____
Fillet of wild Salmon (220 cal) \$____
add some soup:
cup \$____
bowl \$____

CK BRST
J.D. Nuggetz
SALMON

SB/C
SB/B

Spinach Veggie Wrap - V \$____
Organic wheat wrap with mushrooms, organic spinach, asiago, guacamole, pico de gallo. Salsa on the side. Served with fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 390 cal (sides: 35-220 cal)

VEG WRAP ▲

Grilled Cheese & Tomato Soup Combo V - \$____
Grilled muenster and cheddar cheese sandwich on multigrain wheat. Served with a bowl of Tomato Basil soup. 950 cal

GRILL / TOM

Zucchini Grillini - V \$____
Roasted Zucchini, muenster, organic spinach, red onions, roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on multigrain wheat bread. Served with fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 550 cal (sides: 35 - 250 cal)

ZUCC SAND ▲

Black Bean Taco Salad - V \$____
Lettuce, organic blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, southwest spices. Salsa on the side. 1100 / 730 cal

BB TACO / LITE BB TACO

Zucchini Garden Pasta - V \$____
Original:\$____/Lighter portion:\$____
Bowtie pasta topped with grilled zucchini, roasted tomatoes, organic spinach, artichokes, asiago. Served with warm, herb focaccia bread. 980 /640 cal (bread: 220 / 110 cal)

GARDEN ZUCC PASTA

LITE/GARDEN ZUCC PASTA

Meatless Eats (Continued)

Gourmet Pimento Cheese - 710 cal (sides:150/100 cal) \$____
Pimento cheese featuring fire-roasted piquillo peppers and 3 cheeses- cheddar, Muenster and jalapeno jack- leafy lettuce, tomato, on a toasted organic ancient grain bun. Served with chips or baked chips. 710 cal

PIM SAND

Caprese Panini - V 740 cal (sides:150/100 cal) \$____
Organic wheat wrap with mushrooms, organic spinach, asiago, guacamole, pico de gallo. Salsa on the side. Served with fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 390 cal (sides: 35-220 cal)

CAPRESE

Fresh Fruit Plate - V \$____
Served with creamy fruit dip. (260 cal/ dip 150 cal)

FFP

Fresh Fruit Cup - V \$____
Served with creamy fruit dip. (50 cal/ dip 150 cal)

C/FRUIT

One Trip Salad or Caesar Side Salad - \$____
(with entree purchase)

ONE TRIP/SM CSR

One Trip Salad (without entree purchase not on menu) \$____

ONE TRIP

Specialty Sandwiches

Served with chips or baked chips unless otherwise stated.
Add an Egg today \$____

AMY'S TKO

Amy's Turkey-O - (470 cal) \$____
Toasted onion bun with turkey breast, sliced avocado, jalapeño pepper jack, red onion, roma tomatoes, lettuce, stone ground mustard.

SANTA FE

Santa Fe Chicken Sandwich® - (670 cal) \$____
Grilled, 100% antibiotic free chicken breast, bacon, Swiss, guacamole, tomato, thousand Island dressing, grilled on multigrain wheat.

PAPA JOE

The Papa Joe - (550 cal) \$____
Named for our Founder's Dad. Toasted herb focaccia with turkey breast, asiago, roasted tomatoes, basil pesto sauce with nuts, mayo.

MEATA

MeataBalla - (1120 cal) \$____
Meatballs, Italian red sauce, provolone on New Orleans French bread.

TUNA MELT

Tuna Melt - (840 cal) \$____
Tuna salad with eggs, Swiss, mayo, tomato, grilled on multigrain wheat.

SHELLEY

Shelley's Deli Chick - (680 cal) \$____
Our famous chicken salad with almonds and pineapple, with lettuce and tomato, on a toasted croissant.

SW TK

JB's Southwest Turkey - (670 cal) \$____
Nitrite-free smoked turkey breast, provolone, guacamole, pico de gallo, chipotle aioli, on a toasted telera roll.

Clubs

California Club - (690 cal) \$____
Toasted croissant with turkey breast, bacon, Swiss, tomato, organic field greens, mayo, guacamole. Served with fresh fruit, steamed veggies organic blue corn chips with salsa or baked chips. (sides:35-250 cal)

CALI ▲

Club Royale - (670 cal) \$____
Toasted croissant with smoked turkey breast, ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard.

ROYALE

Deli Club - (780 cal) \$____
Toasted whole grain wheat with ham, turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo.

CLUB

Paninis

Smokey Jack Panini - (750 cal) \$____
Smoked turkey breast, bacon, jalapeno pepper jack cheese, guacamole, roma tomatoes, thousand Island dressing. Pressed within olive oil-basted French bread.

PAN/SMJK

Chicken Panini - (700 cal) \$____
Grilled, 100% antibiotic free chicken breast, provolone, basil pesto sauce with nuts, roma tomatoes, organic spinach. Pressed within olive oil-basted French bread.

PAN/CK

Wraps

Served with: Fresh fruit, steamed veggies, baked chips or organic blue corn tortilla chips with salsa unless otherwise stated.

Mediterranean Wrap \$____
Organic wheat wrap with turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, roma tomatoes and organic field greens. 340 cal (sides: 35-250 cal)

MEDI WRA ▲

Turkey Wrap \$____
Organic wheat wrap with turkey breast, roma tomatoes, organic field greens, guacamole, ranch dressing. 390 cal (sides: 35-250 cal)

TK WRAP ▲

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Build Your Own Sandwich

Served with chips or baked chips. (160/100 cal) Substitute fresh fruit for chips. (35-80 cal) \$ ____

Choose A Meat - Whole: \$ ____
Lighter portion: \$ ____ - **Half:** \$ ____
 (70-370 cal)

- Roast Beef** RB
- Oven Roasted Turkey Breast** TK
- Smoked Turkey Breast** SM TK
- Premium Ham** HAM
- Tuna Salad with eggs** TUNA
- Chicken Salad** CHIC
with almonds and pineapple
- Salami** SAL

Pick Your Bread
 (90-260 cal)

- Multigrain Wheat** MULTIGRAIN
- Country White** WHITE
- Rye** RYE
- Telera Bread** TELERA
- New Orleans French Bread** FRENCH
- All Butter Croissant** CROIS
- Organic Wheat Wrap** WRAP
- Onion Bun** O-BUN
- Herb Focaccia** FOC
- Gluten Free Bread - 2 slices** \$ ____
- GF BREAD
- Organic Ancient Grain Bun**
- ORG WHEAT BUN

Spreads

- (0-130 cal)
- Mustard** MUST
- Stone Ground Mustard** SPICY
- Mayo** MAYO
- Chipotle Aioli** AIOLI
- Basil Pesto** PESTO
- Balsamic** BV DRESSING
- Vinaigrette**
- Thousand Island** 1000
- Ranch** RANCH
- Honey Mustard** H MUST
- \$0.89 Extra**
(0-170 cal)
- Guacamole** GUAC
- Roasted Red Pepper Hummus** HUMMUS

Add Cheese (80-170 cal)

- Imported Swiss** SWISS
- American** AMER
- Cheddar** CHED
- Provolone** PROVO
- Jalapeño Pepper** JALP CHZ
- Muenster** MUENSTER
- Pimento Spread** PIM SPREAD

Top it

- Lettuce** LET
- Tomato** TOM
- Spinach** SPIN
- Field Greens** GREENS
- Purple Onion Rings** O-RINGS
- \$0.89 Extra**
- Sliced Avocado** SAVO
- Oven Roasted Herb Tomatoes** ROAST TOM
- Homemade Pico de Gallo** PICO
- Add an Egg** EGG

Manager's half-sandwich SPECIAL-excludes muffalettas -

Served with chips or baked chips. (160/100 cal)

- Half-Sandwich and your choice: cup of Soup OR Fruit \$ ____
- Half-Sandwich and a Side Salad Bar \$ ____
- Famous Favorite Half-Sandwich and your choice:
cup of Soup OR Fruit \$ ____
- Famous Favorite Half-Sandwich and a Side Salad \$ ____

1/2 MEAT?

BREAD? / SOUP?
 DRESSING? / L&T?
 /

Substitutes For Chips — \$ ____ extra

- Organic Blue Corn Chips & Homemade Salsa
- Steamed Veggies
- American Potato Salad
- Italian Pasta

Wraps

Served with: Fresh fruit, steamed veggies, baked chips or organic blue corn tortilla chips with salsa unless otherwise stated.

Ranchero Wrap \$ ____ RANCHERO

Organic wheat wrap with grilled, 100% antibiotic free chicken breast, cheddar, jalapeños, pico de gallo, southwest spices, ranch dressing. Served with organic blue corn tortilla chips and salsa. 530 cal (sides: 250 cal)

Famous Favorites

Served with chips or baked chips unless otherwise stated. (160/100 cal)

Add an Egg today _____

Reuben THE Great - Original: \$ ____ / Lighter portion: \$ ____ RUE LITE/RUE
 1/2 pound hot corned beef, Swiss, sauerkraut, thousand island dressing
 grilled on rye bread. (570 - 840 cal)

Wild Salmon-wich - \$ ____ SALMON SAND

Marinated, grilled wild Alaskan Sockeye salmon, guacamole, roma tomatoes, leafy lettuce, chipotle aioli on toasted herb focaccia.
 Served with fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 640 cal (sides: 35-250 cal)

The New York Yankee - Original: \$ ____ / Lighter portion: \$ ____ YANKEE M&M LITE/YANKEE

3/4 pound combo of hot corned beef and pastrami, Swiss and your choice of mustard or mayo, on rye. (1080 / 660 cal)

Hot Corned Beef or Pastrami Sandwich - Original: \$ ____ / Lighter portion: \$ ____ CB OR PAST - FOLLOW BYO

1/2 pound of hot corned beef or pastrami. Your choice of bread, topped the way you like it. (360 - 1000 cal)

Beefeater - Original: \$ ____ / Lighter portion: \$ ____ BEEF/LITE BEEF

1/2 pound of hot roast beef, provolone, mayo on New Orleans French bread with a cup of au jus. (820/660 cal)

Deli Cowboy - Original: \$ ____ / Lighter portion: \$ ____ COW/LITE COW

1/2 pound of pit-smoked beef brisket, cheddar, red onions and barbecue sauce, toasted on a new Orleans French bread (950/670 cal)

The Rachel - Original: \$ ____ / Lighter portion: \$ ____ RACHEL

Hot pastrami, roasted turkey breast, Swiss, coleslaw, Thousand Island dressing on roasted rye. (1030 cal)

Big E's Deli Burger - Original: \$ ____ / Lighter portion: \$ ____ DELI BURGER

Hot roast beef, American cheese, house-made Savage Sauce, leafy lettuce, tomato, on a toasted onion bun. (710 cal)

Potatoes

JANE LITE/JANE

The Plain Jane® - Original: \$ ____ / Lighter portion: \$ ____
 Topped with cheddar, sour cream, bacon, green onions and butter. 1610/930 cal

POLLO LITE/POLLO

Pollo Mexicano - Original: \$ ____ / Lighter portion: \$ ____
 Topped with grilled, 100% antibiotic free chicken, cheddar, sour cream, butter, southwest spices, pico de gallo. 1270/800 cal

TX LITE/TX

NEW! Texas Style Spud - Original: \$ ____ / Lighter portion: \$ ____
 Return of a classic! Baked potato stuffed with chopped-pit-smoked beef brisket, cheddar and butter. 1410/830 cal

Pasta

Served with: warm, herb focaccia bread.

Chicken Pasta Primo - Original: \$ ____ / Lighter portion: \$ ____ PRIMO LITE/PRIMO

Penne pasta topped with grilled, 100% antibiotic free chicken breast, tomato-basil sauce, asiago. 1080/650cal (bread: 220/110 cal)

Penne Pasta & Meatballs - Original: \$ ____ / Lighter portion: \$ ____ ASPAG LITE/ASPAG

Penne pasta topped with meatballs, marinara, asiago. 1090/720cal (bread: 220/110 cal)

Chicken Alfredo Pasta - Original: \$ ____ / Lighter portion: \$ ____ ALFREDO LITE/ALFREDO

Penne pasta topped with grilled, 100% antibiotic free, chicken breast, creamy alfredo sauce, asiago. 1220/720cal (bread: 220/110cal)

Muffalettas

Round, crusty New Orleans muffaletta bread is layered with, premium meats and cheeses, topped with our family-recipe olive mix and grilled to perfection! Served with chips or baked chips. (160/100cal)

9" Whole - Muff - 2010 /1960 cal \$ ____ MUFF/TK

(Ham or Turkey)

1/2 Muffaletta - (not on menu) \$ ____ 1/2 MUFF 1/2 MUFF/TK

(Ham or Turkey)

1/4 Muffaletta - 500 / 490 cal \$ ____ 1/4 MUFF 1/4 MUFF/TK

(Ham or Turkey)

1/4 MUFFALETTA SPECIAL

1/4 Muffaletta and a choice of a cup of soup OR Fruit and chips.

640 / 1010 cal (Ham or Turkey) \$ ____ 1/4 MUFF/SOUP?

ORDERS ABBREVIATIONS

Sides (not on menu)

Cup - \$1.99

American Potato Salad **APS**

Italian Pasta Salad **PASTA**

3 Bean Salad **3 BEAN**

Fresh Steamed Veggies **STEAMIES**

Baked Chips - \$.59 **BAKED**

Your Choice - \$2.49

Blue Corn Chips with:

Homemade Salsa **BC/SALSA**

Homemade Guacamole **BC/GUAC**

Roasted Red Pepper Hummus **BC/HUMMUS**

Organic Blue Corn Tortilla (Chips only) - \$.79

Desserts

Fresh Baked Cookies - (240-330 cal) \$ ____ **CWC/CCC/WCC/SGC** ↑

(Cranberry Walnut Oatmeal, Chocolate Chip, White Chocolate Macadamia Nut or Sugar)

Gluten-Free Snickerdoodle - (220 cal) \$ ____ **GSC** ↑

Fudge-Nut Brownie - (410 cal) \$ ____ **BROWNIE** ↑

Strawberry Shortcake - (670 cal) \$ ____ **SHORT** ↑

Classic Cheesecake - (530 cal) \$ ____ **PLAIN** ↑

Strawberry-Topped Cheesecake - (550 cal) \$ ____ **STRAW CH CAKE** ↑

Carrot Cake - (530 cal) \$ ____ **CARROT** ↑

Kids Menu

12 & Under Dine In & To Go

All Kid meals include drink choice: bottled water, organic apple juice or organic low-fat white or chocolate milk. 0-180 cal

Kidwich Meals

Served with a choice of: organic apples, organic carrots, seasonal fruit or chips. Calorie counts do not include sides. 30-160 cal

J.D. Nuggetz - \$ ____ **4 pc - J.D.Nuggetz**

Four pieces of antibiotic-free and gluten-free chicken, breaded with cornmeal.

Parents Note: If you have gluten-sensitive kids, please tell your order taker. (170 cal)

Grilled Cheese - (white or multigrain) **V** \$ ____ **GRILL/BREAD**
(460/520 cal)

Peanut Butter & Jelly - (white or multigrain) **V** \$ ____ **PBJ**
(430/490 cal)

All-Beef Hot Dog - Add Chili (310-500 calories with chili) \$ ____ **K DOG**

K DOG/CHILI

Kidwich (LDP) \$ ____ **LDP/MEAT? BREAD? M&M?**
Premium ham or oven roasted turkey breast and American cheese on multigrain, white or wrap bread. (240-420 cal)

J.D. Pickle Meals

Pizza (Cheese or Pepperoni) - \$ ____ **PIZZA CHZ OR PEP?**
(470 or 520 cal)

Bowtie Pasta (Meatballs or Chicken Alfredo) \$ ____ **K SPAG OR K/ALFREDO**
(640 cal)

Salad Bar \$ ____ **KSB**

Baked Potato \$ ____ **K JANE**
Butter, bacon, cheddar. (540 cal)

Mac & Cheese **V** \$ ____ **MAC**
(420 cal)

UP-CHARGES

- 1/2 Cheese (1 slice) - .39
- Add 4 piece Nuggetz - 3.99
- Extra Meat - 1/2 roll or 3 Meatballs 1.89
- Extra Meat - 1 roll - 3.49
- Premium Meats - 1/2 portion 3.49
- Premium Meats - Full portion 4.99
- CK Breast (Ck Brst) - 3.99
- 1/2 CK Breast (extra meat) - 1.99
- C/Chic or Tuna - 3.49
- Salmon full portion - 4.99
- Butter - 2 oz. cup - .49
- SC - 2 oz. cup - .49
- Chz - 4 oz. - .69
- Bacon Bits - 2 oz. - .69
- Sliced Bacon (2) - .99
- Muff Mix (on sandwich) - .99
- Pic (each) - .19
- Kraut (on sandwich) - .89
- 1/2 Sand Special Sub B/Soup - +1.49
- 1/4 Muff Special Sub B/Soup - +1.49
- Substitute c/soup for chips - 2.69
- Substitute b/soup for chips - 4.19
- Substitute c/chili, gumbo, pot pie for chips 3.69
- Substitute b/chili, gumbo, pot pie for chips 5.19
- Substitute c/soup for fruit No Charge
- Add extra soup on a potato - 1.59
- Kids Apple Juice Box - 1.39
- Kids Fountain Drink w/o meal - .59
- Extra c/Pot Pie pastry - .29
- Extra b/Pot Pie pastry - .89

Drinks

Fountain Drinks - (24/32 oz. 0-440 cal) \$ ____ **C**

Fresh Brewed Teas - (24/32 oz. 0-280 cal) \$ ____ **C**

Lemonade - \$ ____ **C**

Jason's Bottled Water - \$ ____ **JASONS**

Bottled Teas - \$ ____ **BOT/FLAVOR**

Bottled sodas - \$ ____ **BOT/FLAVOR**

La Croix Waters - \$ ____ **FLAVOERD WATER**

Orange Juice - \$ ____ **OJ**

Organic Milk - \$ ____ **MILK**

Fresh-brewed Coffee - \$ ____ **COF/DECAF**

Hot Tea - \$ ____ **H.TEA**

House Wines by the glass* - \$ ____ **WINE**

Beer* - \$ ____ **BEER**

Premium Beer* - \$ ____ **PRM**

Free refills with fountain drinks, Fresh Brewed tea and coffee. *Where available