

# SANDELLA'S®

*Eat Right, Right Away!*

## WRAPS

**PESTO TURKEY WRAP**—Turkey breast, roasted red peppers, crumbled feta cheese, green leaf lettuce, tomato, fresh basil with creamy pesto sauce \$5.69  
460 CAL, 18g FAT, 58g CARBS, 28g PROTEIN, 5g FIBER

**PACIFIC CHICKEN WRAP**—Grilled chicken, guacamole, crispy bacon, green leaf lettuce and tomato with ancho chipotle sauce \$5.69  
550 CAL, 11g FAT, 56g CARBS, 28g PROTEIN, 6g FIBER

**CLASSIC HAM & SWISS WRAP**—Ham, swiss cheese, green leaf lettuce and tomato with ancho chipotle sauce \$5.49  
590 CAL, 26g FAT, 60g CARBS, 34g PROTEIN, 6g FIBER

**HUMMUS WRAP**—Green leaf lettuce, tomato, cucumbers and hummus \$5.19  
320 CAL, 5g FAT, 68g CARBS, 14g PROTEIN, 8g FIBER

## PANINIS

**TANGY TURKEY & MOZZARELLA PANINI**—Turkey breast, melted mozzarella cheese and sun-dried tomato with our signature Brazilian sauce topped with fresh basil \$5.89  
520 CAL, 19g FAT, 54g CARBS, 34g PROTEIN, 4g FIBER

**BUFFALO PANINI**—Grilled chicken over buffalo wing sauce topped with celery, cheddar Jack cheese and bleu cheese dressing \$5.89  
600 CAL, 30g FAT, 50g CARBS, 35g PROTEIN, 4g FIBER

**SPINACH HAM & SWISS PANINI**—Baby spinach, ham and swiss cheese over our signature Brazilian sauce topped with fresh basil \$5.49  
550 CAL, 19g FAT, 53g CARBS, 33g PROTEIN, 4g FIBER

**PROVOLONE & VEGGIE PANINI**—Baby spinach, roasted red peppers, mushrooms and tomato with ancho chipotle sauce topped with melted provolone \$5.29  
450 CAL, 19g FAT, 67g CARBS, 20g PROTEIN, 4g FIBER

## FLATBREAD PIZZAS

**BUFFALO CHICKEN GRILLED**—Grilled chicken and mozzarella cheese over buffalo wing sauce \$5.89  
420 CAL, 10g FAT, 47g CARBS, 33g PROTEIN, 3g FIBER

**BRAZILIAN CHICKEN GRILLED**—Grilled chicken and mozzarella cheese over our signature Brazilian sauce \$5.89  
510 CAL, 15g FAT, 51g CARBS, 32g PROTEIN, 3g FIBER

**PERFECTO PEPPERONI GRILLED**—Pepperoni slices and mozzarella cheese over zesty tomato sauce \$5.39  
530 CAL, 23g FAT, 49g CARBS, 28g PROTEIN, 4g FIBER

**CHEESE GRILLED**—Melted mozzarella cheese over zesty tomato sauce \$3.99  
370 CAL, 9g FAT, 49g CARBS, 20g PROTEIN, 4g FIBER

## QUESADILLAS

**CHICKEN FAJITA QUESADILLA**—Grilled chicken, green peppers, red onions, mild salsa and melted cheddar Jack cheese topped with fajita seasoning \$5.89  
510 CAL, 8g FAT, 52g CARBS, 29g PROTEIN, 4g FIBER

**SOUTHWESTERN QUESADILLA**—Guacamole, red onions, black beans, mild salsa, light sour cream and melted cheddar Jack cheese topped with fajita seasoning \$5.29  
560 CAL, 23g FAT, 67g CARBS, 24g PROTEIN, 8g FIBER

**BARBECUE QUESADILLA**—Grilled chicken, cheddar Jack cheese, black beans, onions and BBQ sauce topped with fajita seasoning \$5.29  
607 CAL, 14g FAT, 83g CARBS, 39g PROTEIN, 9g FIBER

**CHEESE QUESADILLA**—Mild salsa, light sour cream and melted cheddar Jack cheese topped with fajita seasoning \$4.99  
450 CAL, 19g FAT, 49g CARBS, 21g PROTEIN, 3g FIBER



**SANDELLA'S®**  
**FLATBREAD CAFÉ**



## *Menu Nutritional Information*



<http://cabrinidining.com/locations.html>

<http://www.facebook.com/cabrinidining>

### *Hours of Operation*

Monday-Friday  
11:00am—7:pm

#### **Late Night**

Monday-Thursday  
7:30pm—11:00pm

Sunday  
5:00pm—11:00pm

### *Contacts*

Matthew Steppie  
Retail Manager  
610.902.8515

Drew Niemann  
General Manager  
610.902.8152

Rodney Stockett  
Executive Chef  
610.902.8154

