

SANDWICHES

CHICKEN SALAD / 5.99

House made chicken salad served on a croissant

SOOO GOUDA TURKEY/ 6.99

House smoked turkey breast, smoked gouda cheese, arugula and raspberry chipotle jam on ciabatta bun

CHICKEN GYRO/ 5.99

Mediterranean chicken, cucumbers, tomato, red onion on warm pita bread with tzatziki sauce

BLT&T / 6.99

Bacon, lettuce, tomato, turkey, mayo on ciabatta bun

PANINIS

CALIFORNIA RANCH / 7.49

Chicken, bacon, avocado, tomato, spinach, ranch dressing

CHICKEN PESTO / 6.99

Chicken, pesto, mozzarella

BUFFALO CHICKEN / 6.99

Chicken, Frank's buffalo sauce, mozzarella and blue cheese

HAM & CHEESE / 6.59

GRILLED CHEESE / 4.99

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All sandwiches served with Lay's Kettle chips

BOWLS

SOUTHWEST / 6.99

Smoked chicken, brown rice, black beans, street corn, roasted jalapenos, tomatoes, avocado cilantro lime sauce and roasted salsa

MEDITERRANEAN / 8.29

Hummus, quinoa tabbouleh, falafels, cucumbers, tomatoes, red onion, feta, olives, pita bread, tzatziki

CARIBBEAN* / 6.99

Jerk seasoned chicken, brown rice, black beans, pineapple mango salsa

BUDDHA* / 7.99

Brown rice, avocado, edamame, shredded carrots, tomatoes, green onion, sesame seeds, microgreens, sesame ginger sauce

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*ALSO GREAT AS A WRAP OR SALAD

BURRITOS

SOUTHWEST / 6.99

Smoked chicken, brown rice, black beans, street corn, roasted jalapenos, tomatoes, avocado lime sauce and roasted salsa

VEGGIE / 6.99

Avocado, brown rice, black beans, street corn, roasted jalapenos, tomatoes, avocado cilantro lime sauce and roasted salsa

CARIBBEAN / 6.99

Jerk seasoned chicken, brown rice, black beans, pineapple mango salsa

BEEF & CHIMI / 7.99

Seasoned flank steak, brown rice, black beans, cheddar, chimichurri sauce

ADD EXTRA AVOCADO, CHICKEN, PITA OR FALAFEL FOR .99

GLUTEN FREE WRAPS AVAILABLE

SALADS & WRAPS

MEXICALI / 7.99

Smoked chicken, avocado, street corn, tomatoes, black beans, red onion, jalapeno ranch or avocado cilantro lime sauce

GREEK CHICKEN / 7.99

Garlic lemon chicken, cucumber, tomatoes, red onion, feta, olives, Greek vinaigrette and tzatziki

CLASSIC COBB / 8.59

Roasted chicken, avocado, bacon, hard boiled egg, blue cheese, tomatoes, red onion, ranch or balsamic vinaigrette

FALAFEL / 8.29

Falafel, hummus, quinoa tabbouleh, cucumber, tomatoes, red onion, feta, tzatziki, pita

WINTER, 2018



CHICKADEE'S FRESH FARE

479-373-6252

EAT GOOD

FEEL GOOD



OPEN MON - SAT,

7:30 - 3:00

SMOOTHIES

20 OUNCE REAL FRUIT SMOOTHIES / 4.99

GOOD DAY SUNSHINE

A customer favorite!
Mango, pineapple, OJ, yogurt with a strawberry puree swirl

SAGER CREEK SLIDE

Peanut butter, banana, chocolate whey protein, almond milk

I DREAM OF GREENIE

Spinach, mango, pineapple, banana

CREAMSICLE

OJ, vanilla whey protein, yogurt

BOOST YOUR SMOOTHIE / 0.99

Matcha Powder
Probiotics
Whey or Soy Protein
Peanut Butter
Chia Seeds
Bee Pollen
Flax seed

Our smoothies contain no added sugars

BREAKFAST

BURRITO OR BOWLS

STEAK & EGGS / 6.99

Seasoned flank steak, eggs, black beans, cheddar, roasted salsa

SANTA FE / 5.99

Bacon, eggs, black beans, roasted jalapenos, cheddar, tomatoes, roasted salsa

THE CALI / 6.99

Bacon, eggs, avocados cheddar, spinach, tomatoes, avocado cilantro lime sauce

HAM, EGG AND CHEESE CROISSANT / 5.79

(AH-SAH-EE) BOWLS / 6.99

THE ORIGINAL

Sambazon Acai sorbet, granola, strawberries, banana, bee pollen, chia seeds

NUTTY PROFESSOR

Sambazon Acai sorbet, granola, peanut butter, banana, cacao nibs

TROPICANA

Sambazon Acai sorbet, granola, pineapple, banana, coconut

TOASTS

CAPRESE AVOCADO / 4.29

Dave's Good Seed bread, avocado, tomatoes, mozzarella, basil, olive oil & balsamic drizzle

TUSCAN TOAST / 4.29

Sun dried tomatoes in oil, feta, Dave's Good Seed bread,

HUMMUS AVOCADO / 4.29

Dave's Good Seed bread, hummus, avocado, tomatoes

NUTELLA & BERRIES / 4.29

Dave's Good Seed bread, Nutella, strawberries

SOUPS

SOUP OF THE DAY / 3.99



SOUP AND 1/2 GRILLED CHEESE OR SIDE SALAD 5.99

HUMMUS & PITA / 4.49

CHIPS & SALSA / 3.49

SIDE SALAD / 2.99

GOT KIDS?

PB & BANANA / 2.99

Peanut butter, banana on white or wheat bread

YOGURT AND FRUIT / 2.99

Vanilla yogurt, banana, granola

KIDS BOWL / 3.49

Chicken, rice, beans

