

menu

fast & fresh
sandwiches

FAST & FRESH SANDWICHES 5.80
FAST & FRESH COMBO 7.80
w/ soup or salad

HERB ROASTED CHICKEN
cucumber, field greens,
red bell pepper rings, and
mayo on **focaccia bread**

AVOCADO CLUB
avocado, red delicious apples,
Chèvre goat cheese, field greens
and mayo on **walnut bread**

MEDITERRANEAN TURKEY
turkey, roasted red bell peppers,
smoked mozzarella, field greens,
cucumber and pesto on **olive bread**

AMERICAN TURKEY
field greens, tomato, romaine lettuce
and mayo on **rosemary potato bread**

TUNA
field greens, tomato, romaine lettuce
and mayo on **rosemary potato bread**

CALIFORNIA TURKEY
turkey, avocado, romaine lettuce,
roasted red bell peppers, mixed greens,
cucumber and mayo on **walnut bread**

LA BOU CLUB
turkey, bacon, romaine lettuce,
mixed greens, tomato and mayo on
rosemary potato bread

salads

HOUSE SALAD 4.10/5.65
A lively combination of butter lettuce,
avocado, tomato, cucumber and
Swiss cheese

SPINACH SALAD 4.10/5.65
Fresh spinach, crumbled bacon,
chopped eggs, cucumbers and tomato

SWEET BASIL PASTA SALAD 4.10/5.65
Pasta, sweet basil, tomato and peas with
Parmesan cheese tossed in a
mustard vinaigrette

CHINESE CHICKEN SALAD 4.45/6.20
Oven roasted chicken, lettuce, carrots,
red cabbage and peanuts tossed in a
soy-sesame vinaigrette

CAESAR SALAD 4.25/5.95
Romaine lettuce, Asiago cheese and
croutons tossed in lemony Caesar dressing

ASIAN NOODLE SALAD 4.25/5.95
Soy-marinated noodles, broccoli, red bell
pepper, bean sprouts and peanuts tossed
in a ginger vinaigrette and served on a
bed of greens

CHICKEN CAESAR SALAD 7.45
Herb roasted chicken, romaine lettuce,
Asiago cheese and croutons tossed in
lemony Caesar dressing

LA BOU CHICKEN SALAD 7.45
Teriyaki chicken breast, pasta, cucumber
and tomato on a bed of greens and
served with sesame vinaigrette

FRUIT SALAD 3.40
A great refresher! Strawberries,
cantaloupe, grapes, honeydew, pineapple
and watermelon (seasonal)

La Bou Dressings:
Herb Vinaigrette · Creamy Dill · Lowfat Honey Mustard

hot grilled sandwich

panini 5.95

PANINI COMBO
w/ soup or salad 8.10

Classic sandwiches

FULL SANDWICH 5.70
HALF SANDWICH 4.00

Turkey · Tuna · Ham · Roast Beef
Smoked Turkey · BLT · Salami
Pesto & Cheese · Vegetarian

*All sandwiches are served with mayonnaise,
mustard, lettuce and tomato with
choice of these La Bou breads:
croissant · baguette · wheat croissant
sourdough · whole wheat bread*

Classic Combos

choose any two.....7.30

1/2 Sandwich
1/2 Salad
Bowl of soup
Cup of fruit

soup for the soul

Bowl 3.40/5.20
Bread Bowl 4.75

beverages

WARM AND SOOTHING

LA BOU Coffee 1.55/1.75/1.85
Cafe Latte 2.65/3.20/3.50
Cafe Mocha 2.95/3.50/3.80
White Mocha 3.35/3.85/4.20
Chai Tea Latte 2.85/3.30/3.65
Cappuccino 2.65/3.20
Espresso 1.55/1.85
Cafe Americano 1.55/1.95
Hot Chocolate 2.30/2.70/2.95
Hot Tea 1.85

COOL AND REFRESHING

Mocha Freeze 3.75
White Mocha Freeze 3.75
Caramel Mocha Freeze 3.75
Praline Latte Freeze 3.75
Praline Cream Freeze 3.75
Vanilla Chai Tea Latte Freeze 3.75
Bottled Drinks 1.90/2.10
Soda & Iced Tea 1.55/1.70

baked goods

CROISSANTS

Plain, Wheat 1.60
Fruit 1.85
Almond, Chocolate, Raisin Custard 1.95
Cinnamon Nut 1.95
Hot Baked 2.95

BREADS

Baguettes: Full, 1/2, 1/3 1.85/1.10/1.00
Wheat Bread 4.45
Garlic Cheese Bread 1.25

PASTRIES

Apple Cake 2.90
Apple Strudel 1.70
Mini Strudel 1.00

MUFFINS

SCONES 1.80 / mini scones 1.00
COOKIES 1.00 / two for 1.50