

DELICIOUSLY
Lite
MENU

Craving your favorite *comfort foods* comes with *less guilt!* You'll find more than 400 entrées under 600 calories.



← CHOOSE TOO PASTRAMI WITH CHICKEN NOODLE SOUP —

ENTRÉE ITEM	CALORIE COUNT
OMELETTES AND EGGS	
Calorie counts do not include toast or bagel	
OMELETTES	
Western Omelette w/ Home Fries	500
Cheddar Cheese, Ham and Onion Omelette	555
Cheddar Cheese Omelette w/ Home Fries	580
BREAKFAST SANDWICHES	
Egg Sandwich on Wheat Bread w/ Home Fries (No Cheese)	570
EGGS	
Two Eggs, Ham, Fruit Salad, and Wheat Toast (w/ Grape Jelly)	560
Three Eggs, Bacon, Fruit Salad, and Wheat Toast (w/ Strawberry Jam)	570
Two Eggs, Bacon, Home Fries, Wheat Toast (w/ Grape Jelly)	575
Three Eggs, Ham, Fruit Salad, and Wheat Toast (No Jam)	595
MORNING SPECIALS	
Oatmeal w/ Brown Sugar and Fresh Strawberries	250
Oatmeal w/ Raisins and Toasted Almonds	330
California Fruit Salad (Includes Fruit and Vanilla Yogurt)	390
HAND TOSSED ENTRÉE SALAD	
Greek w/ Greek Dressing	410
Roasted Vegetable w/ Light Olive Oil Vinaigrette	490
TooJay's Chopped w/ Lite Italian Dressing	500
CLASSIC SALADS	
Includes salad, veggies and a slice of Rye bread	
California Fruit Salad (Includes Fruit and Vanilla Yogurt)	390
Shrimp Salad	510
Egg Salad	590
DELI SANDWICHES	
Calorie counts include Cole Slaw and a Pickle (No Cheese)	
Turkey Breast on Rye Bread	510
Turkey, Bacon, Lettuce & Tomato on Wheat Bread	540
Turkey, Bacon, Lettuce & Tomato on Rye Bread	570
Hot Corned Beef on Rye Bread	570
Roast Beef on Rye Bread	570
HOT HANDHELDS	
Calorie counts include French Fries, Cole Slaw and Pickle (No Cheese)	
BLT on Challah Bread	520
CLASSIC COMFORTS	
Calorie Counts do not include Bread, Salad, Soup, or Vegetables	
TooJay's Shepherd's Pie	550

ENTRÉE ITEM

CALORIE COUNT

LUNCH/DINNER SPECIALS

Open Faced Turkey Sandwich on Rye with Mashed Potatoes (No Vegetable)

490

**CHOOSE TOO CALORIE COUNTS ARE BASED ON CHOOSE TOO PORTIONS:
Half Sandwich, Café Salad & Cup of Soup. Calorie Counts do not include add-ons such as
Crackers and/or Dressings unless otherwise noted.**

**** Choose Too of Specialty Deli Salad consists of: Scoop of Salad, Veggies and a Slice of Rye Bread**

Vegetarian Vegetable Soup & House Salad (w/ Lite Italian Dressing)

131

Butternut Squash Soup & House Salad (w/ Lite Italian Dressing)

140

Chicken Noodle Soup & House Salad (w/ Lite Italian Dressing)

145

Chicken Tortilla Soup & House Salad (w/ Lite Italian Dressing)

155

Mushroom Barley Soup & House Salad (w/ Lite Italian Dressing)

165

Tomato Dill Soup & House Salad (w/ Lite Italian Dressing)

175

Beef Barley Soup & House Salad (w/ Lite Italian Dressing)

195

Beef Vegetable Soup & House Salad (w/ Lite Italian Dressing)

195

Beef Cabbage Soup & House Salad (w/ Lite Italian Dressing)

215

Split Pea Soup & House Salad (w/ Lite Italian Dressing)

275

Crock of French Onion Soup (Includes French Bread & Cheeses) & House Salad (w/ Lite Italian Dressing)

295

Homemade Chili & House Salad (w/ Lite Italian Dressing)

295

Vegetarian Vegetable Soup & Caesar Salad (w/ Caesar Dressing)

316

Broccoli Cheddar Soup & House Salad (w/ Lite Italian Dressing)

325

Butternut Squash Soup & Caesar Salad (w/ Caesar Dressing)

325

Cream of Mushroom Soup & House Salad (w/ Lite Italian Dressing)

325

Chicken Noodle Soup & Caesar Salad (w/ Caesar Dressing)

330

Chicken Tortilla Soup & Caesar Salad (w/ Caesar Dressing)

340

Mushroom Barley Soup & Caesar Salad (w/ Caesar Dressing)

350

Vegetarian Vegetable Soup & Greek Salad (w/ Greek Dressing)

356

Tomato Dill Soup & Caesar Salad (w/ Caesar Dressing)

360

Butternut Squash Soup & Greek Salad (w/ Greek Dressing)

365

Vegetarian Vegetable Soup & Shrimp Salad **

366

Vegetarian Vegetable Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)

366

Chicken Noodle Soup & Greek Salad (w/ Greek Dressing)

370

Butternut Squash Soup & Shrimp Salad **

375

Butternut Squash Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)

375

Vegetarian Vegetable Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)

376

Vegetarian Vegetable Soup & Turkey Sandwich

376

Beef Barley Soup & Caesar Salad (w/ Caesar Dressing)

380

Beef Vegetable Soup & Caesar Salad (w/ Caesar Dressing)

380

Chicken Noodle Soup & Shrimp Salad **

380

Chicken Noodle Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)

380

Chicken Tortilla Soup & Greek Salad (w/ Greek Dressing)

380

Butternut Squash Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)

385

Butternut Squash Soup & Turkey Sandwich

385

Vegetarian Vegetable Soup & Mandarin Chicken Salad **

386

Chicken Noodle Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)

390

Chicken Noodle Soup & Turkey Sandwich

390

ENTRÉE ITEM**CALORIE COUNT**

Chicken Tortilla Soup & Shrimp Salad **	390
Chicken Tortilla Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	390
Mushroom Barley Soup & Greek Salad (w/ Greek Dressing)	390
Butternut Squash Soup & Mandarin Chicken Salad **	395
Turkey Sandwich & House Salad (w/ Lite Italian Dressing)	395
Vegetarian Vegetable Soup & Corned Beef Sandwich	396
Beef Cabbage Soup & Caesar Salad (w/ Caesar Dressing)	400
Chicken Noodle Soup & Mandarin Chicken Salad **	400
Chicken Tortilla Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	400
Chicken Tortilla Soup & Turkey Sandwich	400
Mushroom Barley Soup & Shrimp Salad **	400
Mushroom Barley Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	400
Tomato Dill Soup & Greek Salad (w/ Greek Dressing)	400
Butternut Squash Soup & Corned Beef Sandwich	405
Vegetarian Vegetable Soup & Egg Salad **	406
Vegetarian Vegetable Soup & Roast Beef Sandwich	406
Vegetarian Vegetable Soup & Turkey BLT Sandwich	406
Chicken Noodle Soup & Corned Beef Sandwich	410
Chicken Tortilla Soup & Mandarin Chicken Salad **	410
Mushroom Barley Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	410
Mushroom Barley Soup & Turkey Sandwich	410
Tomato Dill Soup & Shrimp Salad **	410
Tomato Dill Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	410
Butternut Squash Soup & Egg Salad **	415
Butternut Squash Soup & Roast Beef Sandwich	415
Butternut Squash Soup & Turkey BLT Sandwich	415
Corned Beef Sandwich & House Salad (w/ Lite Italian Dressing)	415
Vegetarian Vegetable Soup & Brisket Sandwich	416
Beef Barley Soup & Greek Salad (w/ Greek Dressing)	420
Beef Vegetable Soup & Greek Salad (w/ Greek Dressing)	420
Chicken Noodle Soup & Egg Salad **	420
Chicken Noodle Soup & Roast Beef Sandwich	420
Chicken Noodle Soup & Turkey BLT Sandwich	420
Chicken Tortilla Soup & Corned Beef Sandwich	420
Mushroom Barley Soup & Mandarin Chicken Salad **	420
Tomato Dill Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	420
Tomato Dill Soup & Turkey Sandwich	420
Butternut Squash Soup & Brisket Sandwich	425
Roast Beef Sandwich & House Salad (w/ Lite Italian Dressing)	425
Turkey BLT Sandwich & House Salad (w/ Lite Italian Dressing)	425
Vegetarian Vegetable Soup & Tuna Salad **	426
Beef Barley Soup & Shrimp Salad **	430
Beef Barley Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	430
Beef Vegetable Soup & Shrimp Salad **	430

ENTRÉE ITEM**CALORIE COUNT**

Beef Vegetable Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	430
Chicken Noodle Soup & Brisket Sandwich	430
Chicken Tortilla Soup & Egg Salad **	430
Chicken Tortilla Soup & Roast Beef Sandwich	430
Chicken Tortilla Soup & Turkey BLT Sandwich	430
Mushroom Barley Soup & Corned Beef Sandwich	430
Tomato Dill Soup & Mandarin Chicken Salad **	430
Brisket Sandwich & House Salad (w/ Lite Italian Dressing)	435
Butternut Squash Soup & Tuna Salad **	435
Vegetarian Vegetable Soup & Tongue Sandwich	436
Vegetarian Vegetable Soup & Whitefish Salad **	436
Beef Barley Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	440
Beef Barley Soup & Turkey Sandwich	440
Beef Cabbage Soup & Greek Salad (w/ Greek Dressing)	440
Beef Vegetable Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	440
Beef Vegetable Soup & Turkey Sandwich	440
Chicken Noodle Soup & Tuna Salad **	440
Chicken Tortilla Soup & Brisket Sandwich	440
Mushroom Barley Soup & Egg Salad **	440
Mushroom Barley Soup & Roast Beef Sandwich	440
Mushroom Barley Soup & Turkey BLT Sandwich	440
Tomato Dill Soup & Corned Beef Sandwich	440
Butternut Squash Soup & Tongue Sandwich	445
Butternut Squash Soup & Whitefish Salad **	445
Vegetarian Vegetable Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	446
Vegetarian Vegetable Soup & Chopped Chicken Liver Salad **	446
Vegetarian Vegetable Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	446
Vegetarian Vegetable Soup & Dill Chicken Salad **	446
Beef Barley Soup & Mandarin Chicken Salad **	450
Beef Cabbage Soup & Shrimp Salad **	450
Beef Cabbage Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	450
Beef Vegetable Soup & Mandarin Chicken Salad **	450
Chicken Noodle Soup & Tongue Sandwich	450
Chicken Noodle Soup & Whitefish Salad **	450
Chicken Tortilla Soup & Tuna Salad **	450
Mushroom Barley Soup & Brisket Sandwich	450
Tomato Dill Soup & Egg Salad **	450
Tomato Dill Soup & Roast Beef Sandwich	450
Tomato Dill Soup & Turkey BLT Sandwich	450
Butternut Squash Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	455
Butternut Squash Soup & Chopped Chicken Liver Salad **	455
Butternut Squash Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	455
Butternut Squash Soup & Dill Chicken Salad **	455
Tongue Sandwich & House Salad (w/ Lite Italian Dressing)	455

ENTRÉE ITEM**CALORIE COUNT**

Vegetarian Vegetable Soup & Chef Salad (w/ Lite Italian Dressing)	456
Vegetarian Vegetable Soup & Ham and Swiss Sandwich	456
Vegetarian Vegetable Soup & Shrimp Sandwich	456
Vegetarian Vegetable Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	456
Beef Barley Soup & Corned Beef Sandwich	460
Beef Cabbage Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	460
Beef Cabbage Soup & Turkey Sandwich	460
Beef Vegetable Soup & Corned Beef Sandwich	460
Chicken Noodle Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	460
Chicken Noodle Soup & Chopped Chicken Liver Salad **	460
Chicken Noodle Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	460
Chicken Noodle Soup & Dill Chicken Salad **	460
Chicken Tortilla Soup & Tongue Sandwich	460
Chicken Tortilla Soup & Whitefish Salad **	460
Mushroom Barley Soup & Tuna Salad **	460
Split Pea Soup & Caesar Salad (w/ Caesar Dressing)	460
Tomato Dill Soup & Brisket Sandwich	460
Butternut Squash Soup & Chef Salad (w/ Lite Italian Dressing)	465
Butternut Squash Soup & Ham and Swiss Sandwich	465
Butternut Squash Soup & Shrimp Sandwich	465
Butternut Squash Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	465
Beef Barley Soup & Egg Salad **	470
Beef Barley Soup & Roast Beef Sandwich	470
Beef Barley Soup & Turkey BLT Sandwich	470
Beef Cabbage Soup & Mandarin Chicken Salad **	470
Beef Vegetable Soup & Egg Salad **	470
Beef Vegetable Soup & Roast Beef Sandwich	470
Beef Vegetable Soup & Turkey BLT Sandwich	470
Chicken Noodle Soup & Chef Salad (w/ Lite Italian Dressing)	470
Chicken Noodle Soup & Ham and Swiss Sandwich	470
Chicken Noodle Soup & Shrimp Sandwich	470
Chicken Noodle Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	470
Chicken Tortilla Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	470
Chicken Tortilla Soup & Chopped Chicken Liver Salad **	470
Chicken Tortilla Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	470
Chicken Tortilla Soup & Dill Chicken Salad **	470
Mushroom Barley Soup & Tongue Sandwich	470
Mushroom Barley Soup & Whitefish Salad **	470
Tomato Dill Soup & Tuna Salad **	470
Ham and Swiss Sandwich & House Salad (w/ Lite Italian Dressing)	475
Shrimp Sandwich & House Salad (w/ Lite Italian Dressing)	475
Vegetarian Vegetable Soup & Chicken Caesar Salad (w/ Caesar Dressing)	476
Vegetarian Vegetable Soup & Pastrami Sandwich	476
Beef Barley Soup & Brisket Sandwich	480

ENTRÉE ITEM**CALORIE COUNT**

Beef Cabbage Soup & Corned Beef Sandwich	480
Beef Vegetable Soup & Brisket Sandwich	480
Chicken Tortilla Soup & Chef Salad (w/ Lite Italian Dressing)	480
Chicken Tortilla Soup & Ham and Swiss Sandwich	480
Chicken Tortilla Soup & Shrimp Sandwich	480
Chicken Tortilla Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	480
Crock of French Onion Soup (Includes French Bread & cheeses) & Caesar Salad (w/ Caesar Dressing)	480
Homemade Chili & Caesar Salad (w/ Caesar Dressing)	480
Mushroom Barley Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	480
Mushroom Barley Soup & Chopped Chicken Liver Salad **	480
Mushroom Barley Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	480
Mushroom Barley Soup & Dill Chicken Salad **	480
Tomato Dill Soup & Tongue Sandwich	480
Tomato Dill Soup & Whitefish Salad **	480
Butternut Squash Soup & Chicken Caesar Salad (w/ Caesar Dressing)	485
Butternut Squash Soup & Pastrami Sandwich	485
Vegetarian Vegetable Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	486
Vegetarian Vegetable Soup & Traditional Chicken Salad **	486
Beef Barley Soup & Tuna Salad **	490
Beef Cabbage Soup & Egg Salad **	490
Beef Cabbage Soup & Roast Beef Sandwich	490
Beef Cabbage Soup & Turkey BLT Sandwich	490
Beef Vegetable Soup & Tuna Salad **	490
Chicken Noodle Soup & Chicken Caesar Salad (w/ Caesar Dressing)	490
Chicken Noodle Soup & Pastrami Sandwich	490
Mushroom Barley Soup & Chef Salad (w/ Lite Italian Dressing)	490
Mushroom Barley Soup & Ham and Swiss Sandwich	490
Mushroom Barley Soup & Shrimp Sandwich	490
Mushroom Barley Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	490
Tomato Dill Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	490
Tomato Dill Soup & Chopped Chicken Liver Salad **	490
Tomato Dill Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	490
Tomato Dill Soup & Dill Chicken Salad **	490
Butternut Squash Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	495
Butternut Squash Soup & Traditional Chicken Salad **	495
Pastrami Sandwich & House Salad (w/ Lite Italian Dressing)	495
Vegetarian Vegetable Soup & Egg Salad Sandwich	496
Beef Barley Soup & Tongue Sandwich	500
Beef Barley Soup & Whitefish Salad **	500
Beef Cabbage Soup & Brisket Sandwich	500
Beef Vegetable Soup & Tongue Sandwich	500
Beef Vegetable Soup & Whitefish Salad **	500
Chicken Noodle Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	500
Chicken Noodle Soup & Traditional Chicken Salad **	500

ENTRÉE ITEM**CALORIE COUNT**

Chicken Tortilla Soup & Chicken Caesar Salad (w/ Caesar Dressing)	500
Chicken Tortilla Soup & Pastrami Sandwich	500
Split Pea Soup & Greek Salad (w/ Greek Dressing)	500
Tomato Dill Soup & Chef Salad (w/ Lite Italian Dressing)	500
Tomato Dill Soup & Ham and Swiss Sandwich	500
Tomato Dill Soup & Shrimp Sandwich	500
Tomato Dill Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	500
Butternut Squash Soup & Egg Salad Sandwich	505
Vegetarian Vegetable Soup & Turkey Avocado Sandwich	506
Beef Barley Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	510
Beef Barley Soup & Chopped Chicken Liver Salad **	510
Beef Barley Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	510
Beef Barley Soup & Dill Chicken Salad **	510
Beef Cabbage Soup & Tuna Salad **	510
Beef Vegetable Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	510
Beef Vegetable Soup & Chopped Chicken Liver Salad **	510
Beef Vegetable Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	510
Beef Vegetable Soup & Dill Chicken Salad **	510
Broccoli Cheddar Soup & Caesar Salad (w/ Caesar Dressing)	510
Chicken Noodle Soup & Egg Salad Sandwich	510
Chicken Tortilla Soup & Traditional Chicken Salad **	510
Chicken Tortilla Soup Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	510
Cream of Mushroom Soup & Caesar Salad (w/ Caesar Dressing)	510
Mushroom Barley Soup & Chicken Caesar Salad (w/ Caesar Dressing)	510
Mushroom Barley Soup & Pastrami Sandwich	510
Split Pea Soup & Shrimp Salad **	510
Split Pea Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	510
Butternut Squash Soup & Turkey Avocado Sandwich	515
Egg Salad Sandwich & House Salad (w/ Lite Italian Dressing)	515
Vegetarian Vegetable Soup & Tuna Salad Sandwich	516
Beef Barley Soup & Chef Salad (w/ Lite Italian Dressing)	520
Beef Barley Soup & Ham and Swiss Sandwich	520
Beef Barley Soup & Shrimp Sandwich	520
Beef Barley Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	520
Beef Cabbage Soup & Tongue Sandwich	520
Beef Cabbage Soup & Whitefish Salad **	520
Beef Vegetable Soup & Chef Salad (w/ Lite Italian Dressing)	520
Beef Vegetable Soup & Ham and Swiss Sandwich	520
Beef Vegetable Soup & Shrimp Sandwich	520
Beef Vegetable Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	520
Chicken Noodle Soup & Turkey Avocado Sandwich	520
Chicken Tortilla Soup & Egg Salad Sandwich	520
Crock of French Onion Soup (Includes French Bread & Cheeses) & Greek Salad (w/ Greek Dressing)	520
Homemade Chili & Greek Salad (w/ Greek Dressing)	520

ENTRÉE ITEM
CALORIE COUNT

Mushroom Barley Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	520
Mushroom Barley Soup & Traditional Chicken Salad **	520
Split Pea Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	520
Split Pea Soup & Turkey Sandwich	520
Tomato Dill Soup & Chicken Caesar Salad (w/ Caesar Dressing)	520
Tomato Dill Soup & Pastrami Sandwich	520
Butternut Squash Soup & Tuna Salad Sandwich	525
Matzo Ball Soup & House Salad (w/ Lite Italian Dressing)	525
Turkey Avocado Sandwich & House Salad (w/ Lite Italian Dressing)	525
Vegetarian Vegetable Soup & Salami Sandwich	526
Beef Cabbage Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	530
Beef Cabbage Soup & Chopped Chicken Liver Salad **	530
Beef Cabbage Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	530
Beef Cabbage Soup & Dill Chicken Salad **	530
Chicken Noodle Soup & Tuna Salad Sandwich	530
Chicken Tortilla Soup & Turkey Avocado Sandwich	530
Crock of French Onion Soup (Includes French Bread & Cheeses) & Shrimp Salad **	530
Crock of French Onion Soup (Includes French Bread & Cheeses) & TooJay's Chopped Salad (w/ Lite Italian Dressing)	530
Homemade Chili & Shrimp Salad **	530
Homemade Chili & TooJay's Chopped Salad (w/ Lite Italian Dressing)	530
Mushroom Barley Soup & Egg Salad Sandwich	530
Split Pea Soup & Mandarin Chicken Salad **	530
Tomato Dill Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	530
Tomato Dill Soup & Traditional Chicken Salad **	530
Butternut Squash Soup & Salami Sandwich	535
Tuna Salad Sandwich & House Salad (w/ Lite Italian Dressing)	535
Vegetarian Vegetable Soup & Chopped Liver Sandwich	536
Vegetarian Vegetable Soup & Dill Chicken Sandwich	536
Vegetarian Vegetable Soup & Liverwurst Sandwich	536
Beef Barley Soup & Chicken Caesar Salad (w/ Caesar Dressing)	540
Beef Barley Soup & Pastrami Sandwich	540
Beef Cabbage Soup & Ham and Swiss Sandwich	540
Beef Cabbage Soup & Chef Salad (w/ Lite Italian Dressing)	540
Beef Cabbage Soup & Shrimp Sandwich	540
Beef Cabbage Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	540
Beef Vegetable Soup & Chicken Caesar Salad (w/ Caesar Dressing)	540
Beef Vegetable Soup & Pastrami Sandwich	540
Chicken Noodle Soup & Salami Sandwich	540
Chicken Tortilla Soup & Tuna Salad Sandwich	540
Crock of French Onion Soup (Includes French Bread & Cheeses) & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	540
Crock of French Onion Soup (Includes French Bread & Cheeses) & Turkey Sandwich	540
Homemade Chili & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	540
Homemade Chili & Turkey Sandwich	540

ENTRÉE ITEM**CALORIE COUNT**

Mushroom Barley Soup & Turkey Avocado Sandwich	540
Split Pea Soup & Corned Beef Sandwich	540
Tomato Dill Soup & Egg Salad Sandwich	540
Butternut Squash Soup & Chopped Liver Sandwich	545
Butternut Squash Soup & Dill Chicken Sandwich	545
Butternut Squash Soup & Liverwurst Sandwich	545
Salami Sandwich & House Salad (w/ Lite Italian Dressing)	545
Beef Barley Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	550
Beef Barley Soup & Traditional Chicken Salad **	550
Beef Vegetable Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	550
Beef Vegetable Soup & Traditional Chicken Salad **	550
Broccoli Cheddar Soup & Greek Salad (w/ Greek Dressing)	550
Chicken Noodle Soup & Chopped Liver Sandwich	550
Chicken Noodle Soup & Dill Chicken Sandwich	550
Chicken Noodle Soup & Liverwurst Sandwich	550
Chicken Tortilla Soup & Salami Sandwich	550
Cream of Mushroom Soup & Greek Salad (w/ Greek Dressing)	550
Crock of French Onion Soup (Includes French Bread & Cheeses) & Mandarin Chicken Salad **	550
Homemade Chili & Mandarin Chicken Salad **	550
Mushroom Barley Soup & Tuna Salad Sandwich	550
Split Pea Soup & Egg Salad **	550
Split Pea Soup & Roast Beef Sandwich	550
Split Pea Soup & Turkey BLT Sandwich	550
Tomato Dill Soup & Turkey Avocado Sandwich	550
Chopped Liver Sandwich & House Salad (w/ Lite Italian Dressing)	555
Dill Chicken Sandwich & House Salad (w/ Lite Italian Dressing)	555
Liverwurst Sandwich & House Salad (w/ Lite Italian Dressing)	555
Vegetarian Vegetable Soup & J & J Sandwich	556
Beef Barley Soup & Egg Salad Sandwich	560
Beef Cabbage Soup & Chicken Caesar Salad (w/ Caesar Dressing)	560
Beef Cabbage Soup & Pastrami Sandwich	560
Beef Vegetable Soup & Egg Salad Sandwich	560
Broccoli Cheddar Soup & Shrimp Salad **	560
Broccoli Cheddar Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	560
Chicken Tortilla Soup & Chopped Liver Sandwich	560
Chicken Tortilla Soup & Dill Chicken Sandwich	560
Chicken Tortilla Soup & Liverwurst Sandwich	560
Cream of Mushroom Soup & Shrimp Salad **	560
Cream of Mushroom Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	560
Crock of French Onion Soup (Includes French Bread & Cheeses) & Corned Beef Sandwich	560
Homemade Chili & Corned Beef Sandwich	560
Mushroom Barley Soup & Salami Sandwich	560
Split Pea Soup & Brisket Sandwich	560
Tomato Dill Soup & Tuna Salad Sandwich	560

ENTRÉE ITEM**CALORIE COUNT**

Butternut Squash Soup & J & J Sandwich	565
Beef Barley Soup & Turkey Avocado Sandwich	570
Beef Cabbage Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	570
Beef Cabbage Soup & Traditional Chicken Salad **	570
Beef Vegetable Soup & Turkey Avocado Sandwich	570
Broccoli Cheddar Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	570
Broccoli Cheddar Soup & Turkey Sandwich	570
Chicken Noodle Soup & J & J Sandwich	570
Cream of Mushroom Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	570
Cream of Mushroom Soup & Turkey Sandwich	570
Crock of French Onion Soup (Includes French Bread & Cheeses) & Egg Salad **	570
Crock of French Onion Soup (Includes French Bread & Cheeses) & Roast Beef Sandwich	570
Crock of French Onion Soup (Includes French Bread & Cheeses) & Turkey BLT Sandwich	570
Homemade Chili & Egg Salad **	570
Homemade Chili & Roast Beef Sandwich	570
Homemade Chili & Turkey BLT Sandwich	570
Mushroom Barley Soup & Chopped Liver Sandwich	570
Mushroom Barley Soup & Dill Chicken Sandwich	570
Mushroom Barley Soup & Liverwurst Sandwich	570
Split Pea Soup & Tuna Salad **	570
Tomato Dill Soup & Salami Sandwich	570
J & J Sandwich & House Salad (w/ Lite Italian Dressing)	575
Vegetarian Vegetable Soup & Chicken Salad Sandwich	576
Beef Barley Soup & Tuna Salad Sandwich	580
Beef Cabbage Soup & Egg Salad Sandwich	580
Beef Vegetable Soup & Tuna Salad Sandwich	580
Broccoli Cheddar Soup & Mandarin Chicken Salad **	580
Chicken Tortilla Soup & J & J Sandwich	580
Cream of Mushroom Soup & Mandarin Chicken Salad **	580
Crock of French Onion Soup (Includes French Bread & Cheeses) & Brisket Sandwich	580
Homemade Chili & Brisket Sandwich	580
Split Pea Soup & Tongue Sandwich	580
Split Pea Soup & Whitefish Salad **	580
Tomato Dill Soup & Chopped Liver Sandwich	580
Tomato Dill Soup & Dill Chicken Sandwich	580
Tomato Dill Soup & Liverwurst Sandwich	580
Turkey Sandwich & Caesar Salad (w/ Caesar Dressing)	580
Butternut Squash & Chicken Salad Sandwich	585
Beef Barley Soup & Salami Sandwich	590
Beef Cabbage Soup & Turkey Avocado Sandwich	590
Beef Vegetable Soup & Salami Sandwich	590
Broccoli Cheddar Soup & Corned Beef Sandwich	590
Chicken Noodle Soup & Chicken Salad Sandwich	590
Cream of Mushroom Soup & Corned Beef Sandwich	590

ENTRÉE ITEM**CALORIE COUNT**

Crock of French Onion Soup (Includes French Bread & Cheeses) & Tuna Salad **	590
Homemade Chili & Tuna Salad **	590
Mushroom Barley Soup & J & J Sandwich	590
Split Pea Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	590
Split Pea Soup & Chopped Chicken Liver Salad **	590
Split Pea Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	590
Split Pea Soup & Dill Chicken Salad **	590
Chicken Salad Sandwich & House Salad (w/ Lite Italian Dressing)	595