# THREE TARCHES

VIRES EST. 2021 GRILL

#### SANDWICHES

SOUTHWEST GARDEN BURGER 453 CAL/\$7.79

ALL AMERICAN ANGUS BURGER 510 CAL/\$7.19

ALL AMERICAN DOUBLE BURGER 817 CAL/\$8.79

521 CAL/\$7.09

574 CAL/\$7.09

BEEF PHILLY CHEESESTEAK

FARMHOUSE CHICKEN SANDWICH 381 CAL/\$7.09

**BUFFALO CRISPY CHICKEN SANDWICH** 

### TOPPINGS

**BACON (2 SLICES)** 85 CAL/\$1.59

RED ONION 181 CAL/\$0.79

PICKLES 52 CAL/\$0.79

SLICED CHEDDAR 60 CAL/\$0.99

#### SIDES

SHOESTRING FRIES 185 CAL/\$2.89

SWEET POTATO FRIES 195 CAL/\$3.19

2.000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

### -SEMINOLE DINING

### THREE TARCHES

EST. 2021

BUILD YOUR OWN SANDWICH

\$7.59

SANDWICHES COME WITH YOUR CHOICE OF BREAD, PROTEIN, CHEESE, TOPPINGS, AND SAUCE

## STEP 1: CHOOSE YOUR BREAD

9 GRAIN SANDWICH BREAD 157 CAL WHITE SUB ROLL 218 CAL WHOLE WHEAT SUB ROLL 168 CAL SPINACH WRAP 300 CAL

## STEP 2: PICK YOUR PROTEIN

HAM
TURKEY
75 CAL
SALAMI
SLICED ROAST BEEF
CHICKEN SALAD
280 CAL

EXTRA PROTEIN \$1.29

### 4 STEP 4: TOP IT OFF

LETTUCE 8 CAL
TOMATO 15 CAL
ONION 5 CAL
BANANA PEPPERS 5 CAL
OLIVES 60 CAL
CUCUMBER 11 CAL
PICKLES 10 CAL

### STEP 3: CHOOSE YOUR CHESE

PROVOLONE 50 CAL CHEDDAR 60 CAL AMERICAN 45 CAL EXTRA CHEESE \$0.99

#### 5 STEP 5: SAUCE IT UP

HONEY MUSTARD
CILANTRO RANCH
97 CAL
MAYONNAISE
106 CAL
RANCH
98 CAL
CHIPOTLE RANCH
140 CAL