

Curbside Menu

Order here - <https://chw.catertrax.com/>

Fried Rice/Noodle Bowl - \$5.09 [Add Protein \$1.50 or \$2.50]

Inclusions: Egg GF(44 cal) Fresh Garlic GF(4 cal) Fresh Ginger GF(2 cal)
Base [6oz]: Brown Rice GF(190 cal) White Rice GF(225 cal) Lo Mein Noodles (265 cal)
Protein [3oz]: Beef (210 cal) Chicken (200 cal) Shrimp GF[\$2.50] (80 cal) Tofu GF(65 cal)
Veggies [4oz]: Broccoli GF(40 cal) Bell Peppers GF(25 cal) Carrot GF(40 cal) Green Onion GF(40 cal)
Spinach GF(25 cal)
Sauces [to taste]: Chili Oil GF(260 cal) Soy (50 cal) Teriyaki (90 cal) Thai Peanut Sauce (160 cal)
Condiment: Crushed Peanut GF(25 cal) Cilantro GF(1 cal)



Create Your Own Pasta Bowl - \$5.09 [Add Protein \$1.50 or \$2.50]



Inclusions: Fresh Garlic GF(4 cal)
Noodle [6oz]: Cavatappi (300 cal) Spaghetti (260 cal) Spiralized Squash GF(30 cal)
Protein [3oz]: Chicken GF(200 cal) Italian Sausage GF(290 cal) Meatballs (170 cal)
Shrimp GF[\$2.50] (80 cal)
Veggies [4oz]: Broccoli GF(40 cal) Bell Peppers GF(25 cal) Mushrooms GF(25 cal) Spinach GF(25 cal)
Tomato GF(20 cal)
Sauce [3oz]: Basil Pesto GF(330 cal) Cheese Sauce (240 cal) Marinara GF(45 cal) EVOO GF(250 cal)
Butter GF(200 cal)
Condiment: Parmesan GF(25 cal)

Big Subs [6" or 12"] - \$5.99/\$8.99

All American Sub (6" - 350 cal) (12" - 680 cal)
Ham, Turkey, American Cheese, Olives, Banana Peppers, Lettuce, Tomato & Onion
Veggie Sub (6" - 350 cal, 12" - 700 cal)
Swiss & Cheddar Cheese, Olives, Banana Peppers, Lettuce, Tomato & Onion
Roasted Turkey Ranch Sub (6" - 520 cal) (12" - 1000 cal)
Turkey, Bacon, Cheddar, Lettuce, Tomato, Onion & Ranch
Skinny 6" Sub - \$4.39 (6" - 290 cal)
Ham or Turkey & Cheese of Choice
Condiments: Mayo/Mustard/Italian Dressing/Ranch Dressing



Pizzas [By the Slice & Whole Pie]

Slice: Cheese (240 cal) \$2.49 - Pepperoni (280 cal) \$2.69 - Sausage (310 cal) \$2.69
Daily Special (280-400 cal) - \$3.19
Whole: Cheese (1920 cal) \$12.29 - Pepperoni or Sausage (2240-2480 cal) \$14.49
Daily Special (2240-3200) - \$16.99

Grill

Grilled Chicken Breast Sandwich (260 cal) - \$4.49
Buffalo Chicken Wrap (540 cal) - \$5.69
Chicken Tenders (460 cal) - \$5.19
Texas Toast Grilled Cheese (390 cal) - \$3.79
Hamburger (330 cal) - \$4.99
Cheeseburger (380 cal) - \$5.29
Fries (270 cal) - \$1.89
Onion Rings (380 cal) - \$2.99
Condiments: BBQ/Mustard/Ketchup/Ranch/mayo



Menu Curbside

(Para llevar o entrega)

Ordene aquí- <https://chw.catertrax.com/>

Tazón de fideos o arroz frito- \$5.09 [Añada proteína \$1.50 o \$2.50]

Inclusiones: Huevo GF (44 cal) Ajo fresco GF (4 cal) Jengibre fresco GF (2 cal)

Base [6oz]: Arroz integral GF (190 cal) Arroz blanco GF (225 cal) Fideos Lo Mein (265 cal)

Proteína [3oz]: Res (210 cal) Pollo (200 cal) Camarón GF [\$2.50] (80 cal) Tofu GF (65 cal)

Verduras [4oz]: Brócoli GF (40 cal) Pimiento GF (25 cal) Zanahoria GF (40 cal) Cebolleta GF (40 cal)
Espinaca GF (25 cal)

Salsas [al gusto]: Aceite picante GF (260 cal) Soya (50 cal) Teriyaki (90 cal) Salsa de cacahuete Thai (160 cal)

Condimentos: Cacahuates molidos GF (25 cal) Cilantro GF (1 cal)



Cree su propio tazón de pasta- \$5.09 [Añada proteína \$1.50 o \$2.50]

Inclusiones: Ajo fresco GF (4 cal)

Fideos [6oz]: Cavatappi (300 cal) Espagueti (260 cal) Calabaza en espiral GF (30 cal)

Proteína [3oz]: Pollo GF (200 cal) Salchicha italiana GF (290 cal) Albóndiga (170 cal)

Camarón GF [\$2.50] (80 cal)

Verduras [4oz]: Brócoli GF (40 cal) Pimiento GF (25 cal) Hongos GF (25 cal) Espinaca GF (25 cal)

Tomate GF (20 cal)

Salsas [3oz]: Pesto de albahaca GF (330 cal) Salsa de queso (240 cal) Marinara GF (45 cal)

Aceite de oliva extra virgen GF (250 cal)

Mantequilla GF (200 cal)

Condimentos: Parmesano GF (25 cal)



Sándwiches grandes [6" o 12"] - \$5.99/\$8.99

Sándwich americano (6" - 350 cal) (12" - 680 cal)

Jamón, Pavo, Queso americano, Aceitunas, Pimiento de banana, Lechuga, Tomate & Cebolla

Sándwich vegetariano (6" - 350 cal, 12" - 700 cal)

Queso suizo & Cheddar, Aceitunas, Pimiento de banana, Lechuga, Tomate & Cebolla

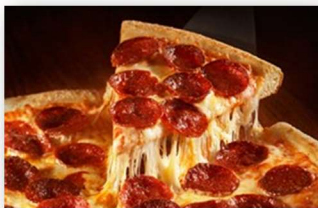
Sándwich de pavo asado con ranch (6" - 520 cal) (12" - 1000 cal)

Pavo, Tocino, Cheddar, Lechuga, Tomate, Cebolla & Ranch

Sándwich skinny de 6" - \$4.39 (6" - 290 cal)

Jamón o Pavo & Queso de su elección

Condimentos: Mayonesa/Mostaza/Aderezo italiano/Aderezo ranch



Pizzas [Rebanada & entera]

Rebanada: Queso (240 cal) \$2.29 - Pepperoni (280 cal) \$2.49 - Salchicha (310 cal) \$2.49

Especial del día (280-400 cal) - \$3.19

Entera: Queso (1920 cal) \$12.29 - Pepperoni o Salchicha (2240-2480 cal) \$14.49

Especial del día (2240-3200) - \$16.99

Parrilla

Sándwich de pechuga de pollo a la parrilla (260 cal) - \$4.49

Wrap de pollo en salsa buffalo (540 cal) - \$5.69

Frituras de pollo (460 cal) - \$5.19

Sándwich de queso a la parrilla estilo Texas Toast (390 cal) - \$3.79

Hamburguesa (330 cal) - \$4.99

Hamburguesa con queso (380 cal) - \$5.29

Papas a la francesa (270 cal) - \$1.89

Aros de cebolla (380 cal) - \$2.99

Condimentos: Salsa barbecue/Mostaza/Cátsup/Ranch/Mayonesa



GF- Opciones sin gluten