

# Oasis Menu

## Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Pizzas

H S



**The Mediterranean** - Portabella mushrooms, basil pesto, spinach, sundried tomatoes, and Asiago cheese on pita bread

5

12

Pizzas

H S



**The Club**- Spicy Ranch, ham, turkey, bacon, mozzarella and cheddar cheese on pita bread

7

18



**The Grilled Chicken** – with roasted red peppers, toasted pine nuts, basil pesto, and mozzarella cheese on pita bread

7

16



**The Triple Cheese** - Mozzarella, cheddar, and feta cheeses with tomato pizza sauce on pita bread

7

16

# Oasis Menu

## Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

### Salads

H S



**Caesar Salad** - Spring mix, fresh spinach, grilled chicken, cherry tomatoes, asiago cheese; with Caesar Salad Dressing HS- 5; LS- 14

3 10

### Salads

H S



**Garden Salad** - Grilled Chicken, Spring Mix, Spinach, Sundried Tomatoes, Feta Cheese and Toasted Pine Nuts w/your choice of dressing

5 8



**Meat Lovers** - Spring mix, fresh spinach ham, turkey, bacon, and mozzarella and cheddar cheese w/ your choice of salad dressing

5 12

### Salads Dressing - 1 Packet

H S

Blue Cheese Salad Dressing  
Caesar Salad Dressing  
Creamy French Dressing  
Fat Free Italian Salad Dressing

2 4  
2 4  
2 4  
0 6

### Salads Dressing - 1 Packet

H S

Honey Mustard Salad Dressing  
Mayonnaise  
Ranch Salad Dressing  
Thousand Island Salad Dressing  
Red Wine (House Wine)

2 4  
2 2  
3 4  
2 4  
2 0

### Fresh Fruit

H S

Apple, large  
Banana

1 0  
1 0

### Fresh Fruit

H S

Orange, large

1 0

# Oasis Menu

## Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Power Bagels	H	S
Blueberry Ham Asiago	5	12
Plain Ham Asiago	5	14
Wheat Ham Asiago	5	12
Blueberry Ham Cheddar	5	10
Plain Ham Cheddar	5	12
Wheat Ham Cheese	5	12
Blueberry Ham Mozzarella	5	10
Plain Ham Mozzarella	5	12
Wheat Ham Mozzarella	5	12
Blueberry Turkey Asiago	5	12
Plain Turkey Asiago	5	14
Wheat Turkey Asiago	5	12
Blueberry Turkey Cheddar	5	10
Plain Turkey Cheddar	5	12
Wheat Turkey Cheddar	5	12

Power Bagels	H	S
Blueberry Turkey Mozzarella	5	10
Plain Turkey Mozzarella	5	12
Wheat Turkey Mozzarella	5	12
Blueberry Bacon Asiago	5	10
Plain Bacon Asiago	5	12
Wheat Bacon Asiago	5	12
Blueberry Bacon Cheddar	7	8
Plain Bacon Cheddar	5	10
Wheat Bacon Cheddar	5	10
Blueberry Bacon Mozzarella	5	8
Plain Bacon Mozzarella	10	10
Wheat Bacon Mozzarella	5	10
Plain Bagel w/Cream Cheese-2 oz.	5	6
Blueberry Bagel w/Cream Cheese	3	4
Wheat Bagel w/Cream Cheese	3	6

### Smoothies



Smoothies	H	S
Acai Energy Bowl	5	1
Acai Energy Smoothie	5	1
Blueberry Bar	3	1
High Test Energizer Smoothie	3	2
Mango Spirit	3	1
Mystical Mango	5	2
Orange Sunrise	5	1
Peach Paradise	3	2
Peach Passion	3	1
Peanut Butter Energizer	5	4
Pineapple Paradise	3	1
Raspberry Royale	5	2
Strawberry Karma	3	1
Strawberry Mirage	3	1
Strawberry Nirvana	3	2
Strawberry Spirit	5	2

### Low Calorie Smoothies

Low Calorie Smoothies	H	S
Majestic Mango	2	1
Magical Strawberry	2	2

### Low Calorie Smoothies

Low Calorie Smoothies	H	S
Orange Passion	2	1
Soulful Strawberry	2	1

### Beverage

Beverage	H	S
Cherry Coke	2	0
Coke	2	0

### Beverage

Beverage	H	S
Diet Coke	0	0
Sprite	2	0