

South - Paninis

Menu Item	FODMAP Ingredients to be Aware of
Bacon, Avocado & Mozzarella	Ciabatta Bun
Chicken Bacon Ranch	Ciabatta Bun Ranch Dressing
Chicken Caesar	Ciabatta Bun Renee Caesar Dressing
Chicken Club	Ciabatta Bun
Chicken Pesto	Ciabatta Bun Pesto
Chipotle Turkey Club	Ciabatta Bun
Crispy Chicken Ranch	Ciabatta Bun Ranch Dressing
Falafel & Cheese	Ciabatta Bun Falafell Balls Tzatziki
Grilled Vegetable	Ciabatta Bun Vegetables (depending on selection) Hummus
Ham & Swiss	Ciabatta Bun
Hummus & Cheese	Ciabatta Bun Hummus Onion
Pulled Pork	Ciabatta Bun BBQ Sauce
Pulled Pork w/ Carmelized Onions	Ciabatta Bun BBQ Sauce Onions

Roast Beef w/ Horseradish Mayo Ciabatta

Steak & Swiss Ciabatta Bun

Turkey, Spinach & Feta Ciabatta Bun

Veg & Swiss Ciabatta Bun
Onion