

# FROM THE OVEN

## Breads

Country Sourdough	\$3.79
Ciabatta	\$3.99
Honey Whole Wheat	\$3.99
Multigrain	\$4.29
Sweet Potato Jalapeno Cheddar <i>(Friday only)</i>	\$4.99
Brioche Loaf	\$5.79
Jewish Rye <i>(Wednesday only)</i>	\$3.79
Country Olive	\$4.99
French Baguette	\$2.99
French Sourdough Baguette	\$2.99
Dried Cranberry Pecan Bread	\$4.99
Pumpnickel <i>(Tuesday only)</i>	\$3.99

## Rolls

Brioche Rolls	\$1.29
Ciabatta Roll	\$1.79
French Ficelle	\$.99
Jalapeno Cheddar Ficelle	\$1.59
Pull Apart Rolls	\$3.29 1/2 doz

## Twists

Asiago Cheese Twist	\$1.49
Honey Wheat Blue Cheese Twist	\$1.49
Olive Asiago Twist	\$1.49

## Muffins and Breakfast Pastries

Large Assorted Muffins	\$2.49
Beignet	\$.99
Cinnamon Twist	\$1.09
Individual Almond Brioche	\$1.99
Individual Chocolate Brioche	\$1.99
Cinnamon Roll	\$1.99



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## Cookies, Brownies & Bars

Assorted Brownies	\$4.29
<i>Blondies, Cream Cheese, Walnut</i>	
Assorted Cookies	.89 to \$1.49
Assorted Bar	\$1.99
Assorted Large Cookies	\$2.49
<i>6 Assorted Flavors:</i>	
<i>Chocolate Chip, Double Chocolate, Snicker Doodle, Peanut Butter, Oatmeal Raisin, Ginger Snap</i>	
Specialty Cookies	\$1.49 to \$3.49
Chocolate Coconut Macaroon	\$1.49

## Individual Desserts

White & Dark Chocolate Mousse	\$6.49
Tiramisu	\$5.99
Key Lime Pie	\$4.99
Carrot Cake	\$5.99
Chocolate Covered Strawberry SM	\$0.99
Chocolate Covered Strawberry LG	\$1.99
Seasonal Cheesecake	\$5.99

*Additional Seasonal Desserts also available. Prices vary.*

# BREAD CARE

All Theo's Brother's Breads are baked with only the freshest ingredients to ensure high quality. No preservatives are used in our breads. For best results eat immediately! We like serving our bread warm for fullest flavor.

To store fresh bread, leave it at room temperature in a paper bag, or if cut, leave the cut side down on a bread board or shelf. The crust will stay firm and the inside soft.

After two days you may wrap it in plastic to maintain freshness. To refresh the loaf, sprinkle or mist lightly with water and place it in a preheated 400° oven for 6-8 minutes or until crusty. You may also choose to slice and toast the bread for delicious results. Refrigerating and microwaving bread is not recommended.

Freezing: This bread also freezes well wrapped in plastic, then in foil. Defrost at room temperature inside the plastic, then refresh it as described above.



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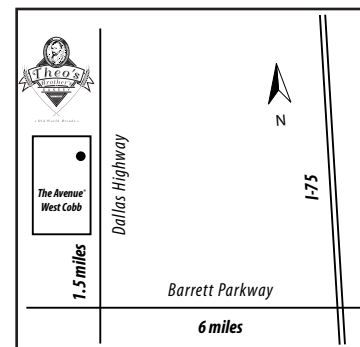
3625 Dallas Highway, Suite #645  
The Avenue® West Cobb  
Marietta, GA 30064

Phone 770-419-0345  
Fax 770-419-1754

Monday - Thursday  
10:00am - 8:00pm

Friday - Saturday  
10:00am - 9:00pm

Sunday  
11:00am - 8:00pm



Be sure to visit all the Sedgwick Restaurant Group locations.



[www.sedgwickrestaurantgroup.com](http://www.sedgwickrestaurantgroup.com)



# EVERY DAY MENU

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# SALADS

**House Salad**, baby greens, tomatoes, red onion, cucumber, croutons, parmesan, choice of dressing \$5.49

**Classic Caesar Salad** \$5.99 add chicken \$7.99

**Aspens Chopped Salad**, romaine, chickpeas, heart of palm, peppers, eggs, tomato, avocado, gorgonzola, red onions and basil vinaigrette \$8.49

**West Coast Salad**, baby greens, oven roasted red beets, toasted almonds, fresh goat cheese, oranges, balsamic vinaigrette \$7.99

**Summer Classic**, baby greens, red delicious apples, goat cheese, red onion, toasted pistachios, lemon-honey vinaigrette \$5.99 add chicken \$7.99

**The Valencia**, romaine, baby greens, roasted chicken, toasted walnuts, gorgonzola, oranges and a citrus vinaigrette \$7.99

**Asian Chicken Salad**, roasted chicken, romaine, napa cabbage, carrots, green onions, crunchy rice noodles tossed in a sweet and spicy peanut dressing \$7.99

# SIDE SALADS

<b>Potato Salad</b>	\$3.29 small	\$5.49 large
<b>Bowtie Pasta</b>	\$3.29 small	\$5.49 large
<b>Fresh Fruit Salad</b>	\$3.29 small	\$5.49 large
<b>Walnut &amp; Lime Coleslaw</b>	\$3.29 small	\$5.49 large
<b>Black Bean Salad</b>	\$3.29 small	\$5.49 large
<b>Broccoli &amp; Cranberry Salad</b>	\$3.79 small	\$5.99 large
<b>Mediterranean Pasta Salad</b>	\$3.99 small	\$5.99 large
<b>Curried Chicken Salad</b>	\$4.99 small	\$8.99 large
<b>Chicken Salad</b>	\$4.99 small	\$8.99 large
<b>Tuna Salad</b>	\$4.99 small	\$8.99 large
<b>Dirty Chips</b>		\$1.79 bag

# SOUP

We have 3 soups daily. One will be Maximized Living Advanced Plan approved. All of Theo's soups are homemade from fresh ingredients. No canned, frozen or boxed soups served here - \$3.49 small / \$5.49 large

# KIDS MENU

Peanut Butter and Jelly Sandwich Pullaparts	\$2.29
Kids Grilled Cheese Sandwich	\$2.29

# SANDWICHES

## COLD & TOASTED SANDWICHES

<b>Prosciutto &amp; Fresh Mozzarella Ficelle</b> , sliced prosciutto ham & fresh mozzarella, sliced tomato, basil pesto, olive oil & arugula on our crusty French ficelle	\$7.99
<b>Vegetarian Focaccia Sandwich</b> , portobello mushrooms, roasted red peppers, havarti cheese, tomatoes, basil pesto & arugula on caramelized onion focaccia	\$6.49
<b>Sliced Turkey &amp; Havarti Sandwich</b> , honey smoked turkey, Danish havarti, watercress on your choice of bread	\$7.49
<b>Sliced Cali Turkey</b> , alfafa sprouts, avocado, red onion, tomato, grain mustard & chipotle mayo on honey wheat or multigrain	\$7.49
<b>Theo's Chicken Salad Sandwich</b> , chicken salad, tomatoes & arugula, on your choice of bread	\$6.99
<b>Theo's Classic Club</b> , black forest ham, smoked turkey, sharp cheddar, swiss cheese, applewood smoked bacon, tomato, lettuce & mayo on sour dough bread	\$7.99
<b>The Italian</b> , salami, arugula, provolone, basil pesto, olive oil, ciabatta	\$6.49
<b>Tuna Salad Sandwich</b> , cheddar cheese, lettuce & tomato on grilled brioche bread	\$6.49

## HOT SANDWICHES

<b>Theo's Cuban Sandwich</b> , black forrest ham, smoked turkey, braised pork, swiss cheese, pickles, chipotle mayo & mustard on a toasted baquette	\$7.49
<b>Pastrami or Turkey Reuben</b> , sliced pastrami or smoked turkey, baby swiss, sauerkraut and russian dressing on rye.	\$7.49
<b>Hot Pastrami</b> , sliced pastrami, spicy mustard, swiss cheese on rye	\$6.99
<b>Cheddar &amp; Chevre Grilled Cheese</b> , toasted with avocado, tomato, olive tapenade with grain mustard	\$6.99
<b>Philly Cheese Steak Sandwich</b> , hot Aspens prime rib, green peppers & onions, melted cheese on a toasted baquette	\$7.49

*Purchase any sandwich and add a side item and a canned soda or bottle of water for only \$2.49*



MaximizedLiving

## Maximized Living Approved

### Advanced Plan

Soup of the Day \$3.49 small / \$5.49 large

Black Bean Salad \$3.29 small / \$5.49 large

Lime & Walnut Coleslaw \$3.29 small / \$5.49 large

Curried Chicken Salad- roasted Ashley Farms chicken, granny smith apples, walnuts, yellow Indian curry, organic mayo over spinach and tomatoes \$7.99

### Core Plan

Broccoli Cranberry Salad \$3.79 small / \$5.99 large

Chicken Club-roasted Ashley Farms chicken, fresh herb mayo, raw cheddar cheese, lettuce, tomato, avocado on your choice of honey wheat or multigrain bread \$7.99

Curried Chicken Sandwich- Curried chicken salad, lettuce and tomato on your choice of honey wheat or multigrain bread \$7.99

# BEVERAGES

### Boylan Sodas

Crema Soda	\$2.29
Orange Soda	\$2.29
Black Cherry Soda	\$2.29
Root Beer	\$2.29
Diet Root Beer	\$2.29
Gingerale	\$2.29

### Coffee

Cappuccino	\$2.99
Coffee, Large	\$2.49
Coffee, Small	\$1.79
Espresso	\$2.29
Iced Latte	\$3.79
Latte	\$3.29

### Coca Cola Company

Coke Can	\$1.49
Diet Coke Can	\$1.49
Sprite Can	\$1.49

### More Drinks

Apple Juice	\$1.79
Hot Chocolate	\$1.79
Hot Tea	\$1.79
Milk	\$2.29
Orange Juice	\$1.79
Perrier	\$2.29
Red Bull	\$3.29
Bottled Water	\$1.49
Fresh Brewed Sweet Tea	\$1.79
Fresh Brewed Iced Tea	\$1.79
Fresh Squeezed Lemonade	\$1.99