



### LA BOU SALADS

herb vinaigrette 225 cal | creamy dill 180 cal  
fat free honey dijon 60 cal

**HOUSE SALAD 4.30/5.95** 98 cal / 124 cal  
butter lettuce, avocado, tomato, cucumber, and swiss cheese

**SPINACH SALAD 4.30/5.95** 115 cal / 222 cal  
fresh spinach, crumbled bacon, chopped eggs, cucumbers, and tomato

**SWEET BASIL PASTA SALAD 4.30/5.95** 425 cal / 626 cal  
pasta, sweet basil, tomato and peas with parmesan cheese tossed in mustard vinaigrette

**CHINESE CHICKEN SALAD 4.65/6.55** 170 cal / 270 cal  
shredded chicken, lettuce, carrots, red cabbage and peanuts tossed in soy-sesame vinaigrette

**CAESAR SALAD 4.45/6.25** 118 cal / 264 cal  
romaine lettuce, asiago cheese and croutons tossed in lemony caesar dressing

**ASIAN NOODLE SALAD 4.45/6.25** 420 cal / 631 cal  
soy-marinated noodles, broccoli, bell pepper, bean sprouts & peanuts in ginger vinaigrette, served on a bed of greens

**CHICKEN CAESAR SALAD 7.95** 512 cal  
herb roasted chicken, romaine lettuce, asiago cheese and croutons tossed in lemony caesar dressing

**LA BOU CHICKEN SALAD 7.95** 452 cal  
teriyaki chicken breast, pasta, cucumber and tomato on a bed of greens, served with sesame vinaigrette

**FRUIT SALAD (spring & summer only) 3.70**  
cantaloupe, pineapple, honeydew, grapes and berries

**Soup FOR THE Soul** 3.70/5.80 | bread bowl 5.00

**SPICY THAI CHICKEN 140 cal | CLAM CHOWDER 190 cal**  
**CREAMY TOMATO BISQUE 320 cal**

call for daily soup specials

### SPECIALTY SANDWICHES 6.10 SPECIALTY COMBO w/ soup or salad 8.30

available at select locations

**VIETNAMESE PORK RÔTI** 408 cal  
slow-roasted pork, pickled carrots, cilantro and cucumber on ciabatta bread

**HERB ROASTED CHICKEN** 650 cal  
cucumber, romaine lettuce, red bell pepper rings, mayo on focaccia bread

**AVOCADO CLUB** 723 cal  
avocado, red delicious apples, chèvre goat cheese & mayo on walnut bread

**MEDITERRANEAN TURKEY** 515 cal  
turkey, roasted red bell peppers, smoked mozzarella, cucumber & pesto on olive bread

**AMERICAN TURKEY** 559 cal  
tomato, romaine lettuce & mayo on ciabatta bread

**TUNA** 640 cal  
tomato, romaine lettuce & mayo on ciabatta bread

**CALIFORNIA TURKEY** 625 cal  
turkey, avocado, romaine lettuce, roasted red bell peppers, mixed greens, cucumber & mayo on walnut bread

**LA BOU CLUB** 572 cal  
turkey, bacon, romaine lettuce, mixed greens, tomato, mayo on ciabatta bread

### PANINI SANDWICH 6.25

**PANINI COMBO w/ soup or salad 8.60**

**TUSCAN TURKEY** 554 cal | **HAM & SWISS** 558  
**ROASTED CHICKEN CLUB with AVOCADO** 721 cal

### CLASSIC SANDWICHES full 6.00

**CLASSIC COMBO choose any two 7.80**  
half sandwich, small salad, small soup, cup of fruit

**TURKEY** 198 cal | **TUNA\*** 206 cal | **HAM** 192 cal  
**ROAST BEEF** 211 cal | **BLT\*** 245 cal  
**SMOKED TURKEY** 153 cal | **PESTO & CHEESE\*** 290 cal  
**VEGGIE\*** 176 cal

all sandwiches are served with mayonnaise, mustard, lettuce, and tomato with choice of bread: croissant, baguette, sourdough or whole wheat

\*no mustard

### BEVERAGES

#### WARM & SOOTHING

LA BOU coffee 1.65/1.85/1.95 3 cal / 5 cal / 6 cal  
cafe latte 2.80/3.40/3.70 122 cal / 144 cal / 201 cal  
cafe mocha 3.10/3.70/4.00 233 cal / 299 cal / 388 cal  
white mocha 3.55/4.05/4.45 267 cal / 335 cal / 430 cal  
chai tea latte 3.00/3.50/3.85 198 cal / 264 cal / 330 cal  
cappuccino 2.80/3.40 44 cal / 52 cal  
espresso 1.65/1.95 1 cal / 2 cal  
cafe americano 1.65/2.05 1 cal / 2 cal  
hot chocolate 2.45/2.85/3.10 260 cal / 350 cal / 435 cal  
hot tea 1.95 3 cal

#### COOL & REFRESHING

freeses 3.95  
mocha 323 cal | white mocha 341 cal | caramel mocha 375 cal  
praline latte 377 cal | praline cream 422 cal | vanilla chai tea latte 344 cal  
bottled drinks 1.80/2.20 | soda 1.65/1.80 186-280 cal | iced tea 1.65/1.80 5 cal / 7 cal

#### BAKED GOODS

**CROISSANTS** plain 1.70 481 cal | fruit 1.95 510 cal  
almond 2.05 575 cal | chocolate 2.05 575 cal  
raisin custard 2.05 488 cal  
cinnamon nut 2.05 526 cal | hot baked 3.10 605-665 cal

**BREADS** baguettes: full, half 1.95/1.15 47 cal per slice  
wheat bread 4.65 189 cal per slice | garlic cheese bread 1.30 301 cal

**PASTRIES** apple cake 3.05 666 cal | apple strudel 1.80 580 cal  
mini strudel 1.05 294 cal

#### MUFFINS 1.85

low-fat blueberry bran 459 cal | low-fat mixed berry 455 cal  
low-fat raspberry lemon 453 cal | apple cinnamon 470 cal  
banana nut 498 cal | pumpkin 570 cal

#### SCONES 1.90 / mini 1.05

apricot 567 cal | blueberry 582 cal  
cranberry almond 656 cal  
raspberry 564 cal | wheat raisin 604 cal

#### COOKIES 1.05/ two for 1.60

chocolate chip 240 cal | ginger 242 cal | oatmeal raisin 230 cal  
peanut butter 269 cal | snickerdoodle 184 cal

**LA BOU CROISSANT PUDDING 2.50 320 cal**