

SALADS

SIGNATURE SALAD Nut crusted goat cheese, mixed baby greens, tomatoes, cucumbers and radishes tossed with our balsamic basil vinaigrette. with chicken or tuna add \$2.75	\$7.75
TUNA SALAD Mixed greens, tomatoes, cucumbers and our homemade tuna salad tossed with our balsamic basil vinaigrette.	\$9.95
CAESAR Romaine lettuce, parmesan cheese and croutons tossed with our Caesar dressing. with chicken or tuna add \$2.75	\$7.75
ARUGULA PEAR Baby arugula, pears, shaved fennel, goat cheese and caramelized pecans tossed with our lemon herb vinaigrette. with chicken or tuna add \$2.75	\$8.75
COBB Chopped chicken breast, gorgonzola cheese, bacon, avocado, tomatoes, eggs and romaine lettuce tossed with our ranch dressing.	\$10.75
SPINACH SALAD Fresh baby spinach, bacon, tomatoes, mushrooms, caramelized pecans & goat cheese tossed with our lemon herb vinaigrette. with chicken or tuna add \$2.75	\$8.75
CHINESE CHICKEN Grilled chicken breast, mandarin oranges, cucumbers, romaine lettuce, carrots, scallions and wontons tossed with our Chinese dressing.	\$10.75
GRILLED VEGETABLE AND CHICKEN Grilled chicken breast, romaine lettuce, eggplant, zucchini, roasted red bell peppers, yellow squash, tomatoes and cucumbers tossed with our balsamic basil vinaigrette dressing.	\$10.75
CURRY CHICKEN SALAD Mixed baby greens, tomatoes, cucumbers and our chicken curry salad tossed with our balsamic basil vinaigrette.	\$10.75
CHOPPED SALAD Chopped broccoli, red cabbage, tomatoes, olives, garbanzo beans and mozzarella cheese tossed with our balsamic basil vinaigrette. with chicken or tuna add \$2.75	\$8.95

dressings for salads to go will be served on the side

Rachel's KITCHEN (702) 459-6789

WRAPS

Served with your choice of mixed green salad, french fries or onion rings.

CHICKEN CAESAR WRAP Grilled chicken breast, parmesan cheese, romaine lettuce, tomatoes and our Caesar dressing, wrapped in a flour tortilla.	\$9.95
TUNA WRAP Albacore tuna salad, romaine lettuce, tomatoes and mayo, wrapped in a whole-wheat tortilla.	\$9.75
BEER BATTERED FISH WRAP Beer battered fish strips, romaine lettuce, tomatoes, cheddar cheese and tarter sauce, wrapped in a flour tortilla.	\$9.50
CHICKEN TENDER WRAP Breaded chicken tenders, romaine lettuce, tomatoes, red onions and our ranch dressing, wrapped in a flour tortilla.	\$9.95
BBQ CHICKEN WRAP Grilled chicken breast, romaine lettuce, tomatoes, onion rings and BBQ sauce, wrapped in a spinach tortilla.	\$9.95
CURRY CHICKEN WRAP Chicken curry salad, romaine lettuce, cucumbers and mayo, wrapped in a whole-wheat tortilla.	\$9.95

BURGERS

Served with mixed green salad, french fries or onion rings.

CHEESEBURGER 1/3 lb. ground beef, cheddar cheese, lettuce and tomatoes.	\$7.95
GRILLED GARDEN BURGER Vegetable patty, avocado, romaine lettuce and tomatoes.	\$7.95
BBQ BACON BURGER 1/3 lb. of ground beef, bacon, cheddar cheese, BBQ sauce, romaine lettuce and tomatoes.	\$9.25
SAUTÉED MUSHROOM CHEESEBURGER 1/3 lb. of ground beef, sautéed mushrooms, swiss cheese, romaine lettuce and tomatoes.	\$9.25
CHICKEN MUSHROOM BURGER Grilled chicken breast, sautéed mushrooms, swiss cheese, romaine lettuce and tomatoes.	\$9.95
GORGONZOLA BURGER 1/3 lb. ground beef, gorgonzola cheese, lettuce & tomatoes.	\$9.50

GOURMET SANDWICHES

Served on your choice of bread with mixed green salad, french fries or onion rings.

SMOKED TURKEY AND AVOCADO Smoked turkey, avocado, swiss cheese, mixed greens, tomatoes and chipotle mayo.	\$9.75
CURRY CHICKEN SALAD Chicken curry salad, swiss cheese, mixed greens, tomatoes and mayo.	\$9.95
RACHEL'S CHICKEN SALAD Chicken salad made with apples, grapes, celery, scallions and watercress.	\$9.95
ALBACORE TUNA SALAD Albacore tuna salad, mixed greens, tomatoes and mayo.	\$9.75
VEGETARIAN Goat cheese, eggplant, zucchini, roasted red peppers, yellow squash, red onions, roasted tomatoes and chipotle mayo.	\$9.75
"440 SANDWICH" Grilled chicken breast, goat cheese, avocado, roasted red peppers, roasted tomatoes and romaine lettuce.	\$10.50
ULTIMATE GRILLED CHEESE Gruyere, cheddar and parmesan cheese grilled to perfection with roasted tomatoes.	\$7.75
TURKEY CLUB Smoked turkey, bacon, swiss cheese, avocado, romaine lettuce, tomatoes and mayo served on 3 pieces of sourdough bread.	\$10.95

PASTA

SIGNATURE PASTA Penne with sautéed chicken breast, eggplant, sundried tomatoes, mushrooms with our tomato cream sauce.	\$11.50
TRADITIONAL TOMATO BASIL Penne with fresh tomatoes, basil, garlic & extra virgin olive oil.	\$9.75
ANGEL HAIR BOLOGNESE Angel hair with our homemade meat sauce.	\$10.95
FETTUCINE ALFREDO Our delicious cream sauce with spinach and mushrooms. with chicken add \$2.75	\$9.75
GARDEN'S PASTA Fettucine with sautéed chicken breast, sundried tomatoes, peas and mushrooms with our basil pesto cream sauce.	\$11.50
RACHEL'S MAC & CHEESE The classic recipe with our twist.	\$9.95

SMOOTHIES

\$4.50/\$5.50

HAWAIIAN BLISS	Pineapples, bananas, coconut, pineapple juice and nonfat vanilla frozen yogurt.
SUNRISE	Strawberries, bananas, fresh squeezed orange juice, apple juice and nonfat vanilla frozen yogurt.
POWER PUNCH	Pears, pineapples, bananas, soft silken tofu and lime juice.
14-CARROT	Carrots, ginger root, soft silken tofu, lime juice, orange juice and nonfat vanilla frozen yogurt.
PEANUT BUTTER BLAST	Bananas, peanut butter, chocolate peanut butter cups, chocolate milk and nonfat vanilla frozen yogurt.
INCREDIBLE HULK	Bananas, peanut butter, soft silken tofu, milk and honey.
BERRY MANIA	Raspberries, blueberries, strawberries, apple juice & nonfat vanilla frozen yogurt.
THE WILSHIRE SMOOTHIE	Peaches, bananas, pineapples, fresh squeezed orange juice and nonfat vanilla frozen yogurt.
PEACHBERRY	Blueberries, peaches, raspberries, strawberries, cranberry juice and nonfat vanilla frozen yogurt.

Add PROTEIN POWDER to any smoothie for \$1.00

FRESH JUICES

WATERMELON, ORANGE or CARROT	\$3.75/4.75	
ENERGIZER	\$4.50/\$5.50	\$4.50/\$5.50
Beets, apples, carrots, lemon, and ginger root.	SKIN CLEANSER	Cucumbers, carrots and celery.
POPEYE'S SECRET	\$4.50/\$5.50	
Apples, spinach, carrots, celery, beets and parsley.		

BEVERAGES

VARIETY OF SODAS	\$1.95/\$2.50
ICED TEA, HOT TEA, COFFEE	\$1.95/\$2.50
BOTTLED WATER	\$1.95/\$2.95

SOUP

SOUP OF THE DAY	\$4.50
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On the Lighter Side

BREAKFAST

Served with sliced tomatoes.

- 2** BREAKFAST SANDWICH \$7.95
Scrambled egg whites, tomato and basil on wheat toast.
143 calories, 1 gram fat, 6.5 grams fiber
- 6** SPINACH & EGG WHITE WRAP \$7.95
Scrambled egg whites, spinach and tomatoes, wrapped in a low fat honey wheat tortilla.
319 calories, 3.5 grams fat, 8.5 grams fiber
- 5** EGG WHITE OMELET \$9.75
Egg white Omelet with swiss cheese and mushrooms, served with wheat toast.
253 calories, 9 grams fat, 7 grams fiber

SANDWICHES AND WRAPS

Served with a mixed green salad tossed with fat free Balsamic Vinaigrette Dressing
30 calories, 0 fat, 1 gram fiber

- 4** VEGGIE BURGER \$8.75
Grilled veggie burger, mixed greens and tomatoes on wheat bread.
227 calories, 5 grams fat, 11 grams fiber
- 6** GRILLED CHICKEN SANDWICH \$9.95
Grilled chicken breast, grilled eggplant, roasted red bell peppers, tomatoes, romaine lettuce and fat free mayo on wheat bread.
313 calories, 4 grams fat, 10.3 grams fiber
- 4** TURKEY SANDWICH \$9.95
Smoked turkey breast, mixed greens, tomatoes, Dijon mustard and fat free mayo on wheat bread.
237 calories, 3 grams fat, 6 grams fiber
- 6** VEGGIE WRAP \$9.95
Grilled eggplant, squash, zucchini, roasted red peppers, tomatoes and romaine lettuce wrapped in a low fat honey wheat tortilla.
315 calories, 3.5 grams fat, 11.5 grams fiber

On the Lighter Side

SALADS

- 1** GARDEN SALAD \$7.75
Mixed greens, tomatoes, cucumbers, mushrooms and carrots tossed with fat free balsamic vinaigrette.
100 calories, 3.5 grams fat, 5 grams fiber
 - 1** with veggie burger patty add \$2.75
add 100 calories, 3.5 grams fat, 5 grams fiber.
 - 3** with grilled chicken add \$2.75
add 130 calories, 1.5 grams fat, 0 fiber
- 2** GRILLED VEGETABLE SALAD \$8.95
Romaine lettuce, eggplant, zucchini, yellow squash, roasted red bell peppers, tomatoes and cucumbers tossed with fat free balsamic vinaigrette
159 calories, .5 grams fat, 10.5 grams fiber
 - 3** with grilled chicken add \$2.75
add 130 calories, 1.5 grams fat, 0 fiber
- 3** CHOPPED SALAD LITE \$8.95
Chopped broccoli, red cabbage, tomatoes, olives and garbanzo beans tossed with fat free balsamic vinaigrette
189 calories, 2.7 grams fat, 9.7 grams fiber
 - 3** with grilled chicken add \$2.75
add 130 calories, 1.5 grams fat, 0 fiber

FRESH JUICES

- 5** SKIN CLEANSER \$4.50/16oz.
Cucumbers, carrots and celery.
158 calories, 0 fat, 11 grams fiber
- 2** ENERGIZER \$4.50/16oz.
Beets, apples, carrots, lemon and ginger root.
191 calories, .25 grams fat, 9.6 grams fiber
- 2** POPEYE'S SECRET \$4.50/16oz.
Apples, spinach, carrots, celery, beets and parsley.
277 calories, .25 grams fat, .15.5 grams fiber
- 0** FRESH CARROT JUICE \$3.75/16oz.
180 calories, 0 fat, 12 grams fiber
- 3** WATERMELON JUICE \$3.75/16oz.
146 calories, 2 grams fat, 2.3 grams fiber

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BREAKFAST

Served with breakfast potatoes and toast.
Daily until 11:30 am

- PROTEIN LOVER'S SCRAMBLE \$9.75
Three eggs scrambled with grilled chicken, bacon, cheddar cheese and spinach.
- SCRAMBLED EGGS with tomato and basil. \$9.75
- THE FAVORITE \$9.75
Three eggs scrambled with goat cheese, sundried tomatoes, avocado, mushrooms and basil.
- TWO EGGS any style with bacon. \$7.95
- CREATE YOUR OWN OMELET \$9.75
Any 3 items of your choice:
Tomatoes, bacon, avocado, spinach, mushrooms, olives, onions, broccoli, red peppers, sundried tomatoes, turkey, chicken, swiss cheese, cheddar cheese, mozzarella cheese, goat cheese, gruyere cheese, zucchini, yellow squash, salsa, or basil.

Breakfast Your Way

- Substitute fruit for potatoes add \$1.75
- With egg whites add \$1.50
- With bacon strips add \$2.25

- BREAKFAST BURRITO \$7.25
Scrambled eggs, salsa, avocado and swiss cheese wrapped in a flour tortilla, served with breakfast potatoes.
- BREAKFAST WRAP \$7.75
Scrambled eggs, bacon, cheddar cheese and tomatoes wrapped in a whole-wheat tortilla, served with breakfast potatoes.
- ULTIMATE GRILLED CHEESE \$7.75
Gruyere, cheddar and parmesan cheese grilled to perfection with roasted tomatoes served with breakfast potatoes.

MUFFINS, SCONES
and COOKIES
Baked Fresh Daily
In Our Kitchen

- OATMEAL \$4.95
with strawberries & bananas add \$2.25
- PANCAKES \$6.50
Original
Blueberry or Banana
Chocolate Chip \$7.95
- GRANOLA \$4.95
with yogurt or milk
with strawberries & bananas add \$2.25
- FRENCH TOAST \$7.50

Rachel's



KITCHEN

Wholesome Food • Delicious Recipes

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Franchise Opportunities Available
visit us at www.rachelskitchen.com