

Arch's

FROZEN YOGURT



Open Daily 11 am - 11 pm

**serving frozen treats all day
everyday....serving yummy sandwiches and
healthy salads 11am - 8 pm!**



Arch's on Emmet
1232 Emmet St.
972-9000



Arch's on the Corner
104 14th St..
984-2724
Yogurt only!



Arch's on IVY
2214 Ivy Road
979-2724
Yogurt only!

Between Bread

All natural deli meats. Bread choices: Wheatberry, Italian White, or Milano sub roll
-Grill Pressed at Your Request- Carrots on the Side!

Half sandwich and bowl of Soup...\$ 6.99

Soup...\$2.99

Free Bird... Mounds of turkey, crisp lettuce, sliced tomato and honey mustard...\$6.99

Okleigh... Tender turkey breast, dill Havarti, banana peppers, lettuce, onion, tomato, and house spread...\$7.99

Classic... Fresh shaved turkey, crisp bacon, dill Havarti, lettuce, and tomato - dressed with our famous house spread...\$7.99

Kai's Surprise... Tender roast beef, grilled onions, homemade red pepper spread and lettuce...\$7.99

The Best Ham Sandwich... Ham, cheddar, grilled onions, Dijon mustard, house spread and fresh romaine...\$6.99

250 Bypass... Ham, fresh cheddar, romaine, tomato and a sweet apricot chipotle spread...\$6.99

Emmet Street... Roast beef, havarti, roasted red peppers, spring mix and bistro sauce - try this warm!...\$7.99

Green and Bleu... A layer of bleu cheese topped with a pile of lightly dressed balsamic mixed greens.....\$6.99

Ivy... Mounds of Turkey, bacon, Monterey Jack, avocado, crunchy sprouts, tomato, Dijon mustard and house spread...\$7.99

Wynston's Rose... Slow-roasted portobello mushrooms, feta cheese, grilled onions and spring mix...\$6.99

Arch's Special... Bacon, fresh mozzarella, our special house roasted red peppers, basil, spring mix and house spread...\$7.99

****Our house spread is a blend of mayo, fresh basil and garlic**

Say Salad

Salads come dressed unless otherwise requested. Dressings listed below.

Upon request, we can change greens for only \$.75

If you prefer to build your own, grab a TOSS IT menu!

Cowboy Baby... Romaine blend, black beans, grilled chicken, avocado, and roasted corn and red peppers...\$7.99

Deep Bleu Bowl... Spring mix tossed with toasted walnuts, bleu cheese chunks, and sweet dried cranberries...\$6.99

Pacific... Crisp Spinach, grilled chicken, mandarin oranges, crunchy carrots and slivered almonds...\$7.99

Garden XI... Spinach, herb tofu, creamy goat cheese, house-roasted red peppers and slivered almonds...\$7.99

My Sundried Heart... Crisp romaine, artichoke hearts, house-roasted red peppers, grilled chicken, toasted walnuts...\$8.99

Cherry Chicken... Fresh romaine, tossed with grilled chicken, dried cherries, creamy goat cheese and toasted walnuts...\$7.99

Roasted Rotunda... Romaine blend, tender chicken, avocado, toasted pine nuts and roasted red peppers...\$8.99

Oasis... Romaine blend, Brazilian heart of palm, kalamata olives, feta cheese and slivered almonds...\$6.99

Vegan's Dream... Spinach, crunchy broccoli, herb tofu, avocado, and tender garbanzo beans...\$7.99

Portobelly... Crispy fresh romaine, grilled portobellos, grilled onion, topped with feta cheese crumbles...\$7.99

Dressings: House Apple Lemon Balsamic, Regular Balsamic, Honey Mustard, Ranch,
Fat Free Dressings: Raspberry, Cilantro Lime, Ranch, Roasted Garlic, Toasted Sesame
Sundried Tomato

Little Belly's

Each meal comes with one side and a drink.

All meals one price - \$4.99

- We only use all natural deli meats -
- Sandwiches come on soft whole grain white bread in fun cookie cutter shapes and can be grill pressed-

If you would just like the sandwich only and no sides...\$2.99

Gobble Gobble... Fresh turkey and sliced cheddar...

Piggly Wiggly... The kid favorite! Ham and cheddar...

Say Cheese... Yummy cheddar! Ask for this one grilled!

Crunchy Monkey... Peanut butter, banana, granola and honey - nutritious and delicious...

PB&J... A marriage made in heaven - creamy peanut butter and grape jelly....

Choose your...

- **Drinks:** Apple juice, organic milk or chocolate milk
- **Sides:** Granola bar, fruit roll up, apple sauce, mini carrots and ranch, yogurt tube, pretzels, grape tomatoes with ranch dressing

Additional sides: \$1.00 Each

DESSERT!

Add a kid's 3.5 oz. soft serve for \$1.00!