**CUSTOMIZE**

All sandwiches come with half an avocado and 2 slices of bacon! Upgrade to Avocado Salad for $2!

*fat = f, net carbs = nc, grams = g*

**Proteins** +$2
- Bacon (8 f)(0 nc)(0 g)
- Tuna Salad (9.5 f)(9.5 nc)(0 g)
- Turkey Breast (8.4 f)(0 nc)(0 g)
- Ham (5.6 f)(1.1 nc)(0 g)
- Grilled Chicken (4 f)(0 nc)(0 g)

Thin Sliced Ribeye (4 f)(0 nc)(0 g)

½lb Burger Patty (8 f)(0 nc)(0 g)

**Veggies & Fruit** +$0.75
- Tomatoes (0 f)(1.2 nc)(0 g)
- Onions (0 f)(2 nc)(0 g)
- Spinach (.1 f)(.5 nc)(.1 s)
- Jalapeño (0 f)(4 nc)(0 g)
- Arugula (.1 f)(.1 nc)(.1 s)
- Pickles (0 f)(8 nc)(7 g)
- ½ Avocado ($1.50)(11 f)(2 nc)(.5 s)
- Grilled Portobello Mushrooms ($1.50)(0 f)(2 nc)(0 s)

**Cheeses**
- Cheddar (28 f)(0 nc)(0 g)
- Muenster (24 f)(0 nc)(0 g)
- American (16 f)(2 nc)(0 g)
- Pepper Jack (24 f)(0 nc)(0 g)
- Cheese Blend (28 f)(0 nc)(0 g)
  + Parmesan (extra $0.50)(11.4 f)(1.6 nc)(.3 s)
  + Fresh Mozzarella (extra $0.50)(12 f)(0 nc)(0 s)
  + Vegan Mozzarella (extra $0.50)(17 f)(28 nc)(0 s)

**Sauce/Dip/Dressing**
- Pesto (.5 f)(1.5 nc)(.3 s)
- Yellow Mustard (0 f)(0 nc)(0 s)
- Chipotle Aioli (6 f)(4 nc)(0 s)
- Chimichurri (8 f)(2 nc)(0 s)
  + Sides (extra $1.50)

**APPETIZERS**

**Jumbo Wings** 8/$9 - 16/$17 - 25/$25
(0 g net carbs)(21 g fats) per order of 8
Jumbo wings beer brined and fried. Drench them in any of our 7 wing sauces, rubs, and dips listed from least spicy to spiciest

+ Ranch (2 nc)(15 f)(0 s), Parmesan garlic (2 nc)(6 f)(0 s), Chimichurri (1 nc)(5 f)(0 s), Spicy Parmesan Garlic (2 nc)(6 f)(0 s), Buffalo (0 nc)(0 f)(0 s), Mad Dog 357 Sauce (SUPER SPICY) (0 nc)(0 f)(0 s)

**SALAD**

**Popeye Salad** $10.00
Spinach salad, with hard boiled egg, bacon bits, with a vinaigrette dressing.
(7.1 g net carbs)(18 g fats)(4.6 g sugars)

**LET'S SHROOM** $9.50
Grilled portobello mushrooms, arugula, and Muenster cheese.
(8.1 g net carbs)(24 g fats)(2.1 g sugars)

**Eeezy Capreeze** $9.50
Fresh sliced Mozzarella, tomatoes, and basil.
(7.2 g net carbs)(23 g fats)(3 g sugars)

**Herbalicious** $8.50
Cheddar cheese, arugula, tomato, and grilled red onion and our garlic pesto sauce.
(9.8 g net carbs)(31 g fats)(4.3 g sugars)

**STEAK & CHEESE** $9.50
Thinly sliced prime rib grilled with onions, green peppers, red peppers, American cheese, & mayonnaise.
(12 g net carbs)(37 g fats)(7 g sugars)

**Open Faced Tuna Melt** $8.50
A heape of tuna salad, sliced tomatoes, & Muenster cheese.
(8 g net carbs)(128 g fats)(4.1 g sugars)

**Cheesy Burger Melt** $10.50
A 1/3 pound burger patty, sandwiched between a ton of cheese and bread.
(6 g net carbs)(52 g fats)(2 g sugars)

**Holy Cheesus** $8.50
Cheese on both the outside and the inside! Cheddar, Pepper Jack, American and Muenster on the inside, and our 4 cheese shredded blend on the outside!
(8 g net carbs)(33 g fats)(2 g sugars)

**Find Us on Facebook, Instagram, Untappd, and Yelp at /Hopsnshine**

**Build Your Own** $8.00
Built on Keto bread then add up to 4 cheeses for free, and additional add-ons (at additional cost).

**Double Fried, Triple Layered, Ham & Cheese** $9.50
Sliced ham fried and topped with melted cheese stacked high with 3 separate layers of ham and cheese.
(8 g net carbs)(32 g fats)(2 g sugars)(varies per cheese)

**TBA** $10.50
Turkey, bacon, avocado, and Muenster grilled.
(8 g net carbs)(52 g fats)(2.5 g sugars)

**Load's Shroom** $9.50
Grilled portobello mushrooms, arugula, and Muenster cheese.
(8.1 g net carbs)(24 g fats)(2.1 g sugars)

**Original Gangsta Grilled Cheese** $7.50
Loads of American cheese with a side of avocado slices.
(8 g net carbs)(67 g fats)(2 g sugars)

**FIND US ON FACEBOOK, INSTAGRAM, UNTAPPD, AND YELP AT HOPSNSHINE**

**FIND US ON FACEBOOK, INSTAGRAM, UNTAPPD, AND YELP AT HOPSNSHINE**

**Please note all recipes are made to order so there may be differences in nutritional value. This is all an estimate, we can't guarantee this is 100% accurate**