

Oasis Menu

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Pizzas

H S



The Mediterranean - Portabella mushrooms, basil pesto, spinach, sundried tomatoes, and Asiago cheese on pita bread

5

12

Pizzas

H S



The Club- Spicy Ranch, ham, turkey, bacon, mozzarella and cheddar cheese on pita bread

7

18



The Grilled Chicken – with roasted red peppers, toasted pine nuts, basil pesto, and mozzarella cheese on pita bread

7

16



The Triple Cheese - Mozzarella, cheddar, and feta cheeses with tomato pizza sauce on pita bread

7

16

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Salads

H S



Caesar Salad - Spring mix, fresh spinach, grilled chicken, cherry tomatoes, asiago cheese; with Caesar Salad Dressing HS- 5; LS- 14

3 10

Salads

H S



Garden Salad - Grilled Chicken, Spring Mix, Spinach, Sundried Tomatoes, Feta Cheese and Toasted Pine Nuts w/your choice of dressing

5 8



Meat Lovers - Spring mix, fresh spinach ham, turkey, bacon, and mozzarella and cheddar cheese w/ your choice of salad dressing

5 12

Salads Dressing - 1 Packet

H S

Blue Cheese Salad Dressing 2 4
 Caesar Salad Dressing 2 4
 Creamy French Dressing 2 4
 Fat Free Italian Salad Dressing 0 6

Salads Dressing - 1 Packet

H S

Honey Mustard Salad Dressing 2 4
 Mayonnaise 2 2
 Ranch Salad Dressing 3 4
 Thousand Island Salad Dressing 2 4
 Red Wine (House Wine) 2 0

Fresh Fruit

H S

Apple, large 1 0
 Banana 1 0

Fresh Fruit

H S

Orange, large 1 0

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Power Bagels	H	S
Blueberry Ham Asiago	5	12
Plain Ham Asiago	5	14
Wheat Ham Asiago	5	12
Blueberry Ham Cheddar	5	10
Plain Ham Cheddar	5	12
Wheat Ham Cheese	5	12
Blueberry Ham Mozzarella	5	10
Plain Ham Mozzarella	5	12
Wheat Ham Mozzarella	5	12
Blueberry Turkey Asiago	5	12
Plain Turkey Asiago	5	14
Wheat Turkey Asiago	5	12
Blueberry Turkey Cheddar	5	10
Plain Turkey Cheddar	5	12
Wheat Turkey Cheddar	5	12

Power Bagels	H	S
Blueberry Turkey Mozzarella	5	10
Plain Turkey Mozzarella	5	12
Wheat Turkey Mozzarella	5	12
Blueberry Bacon Asiago	5	10
Plain Bacon Asiago	5	12
Wheat Bacon Asiago	5	12
Blueberry Bacon Cheddar	7	8
Plain Bacon Cheddar	5	10
Wheat Bacon Cheddar	5	10
Blueberry Bacon Mozzarella	5	8
Plain Bacon Mozzarella	10	10
Wheat Bacon Mozzarella	5	10
Plain Bagel w/Cream Cheese-2 oz.	5	6
Blueberry Bagel w/Cream Cheese	3	4
Wheat Bagel w/Cream Cheese	3	6

Smoothies



Smoothies	H	S
Acai Energy Bowl	5	1
Acai Energy Smoothie	5	1
Blueberry Bar	3	1
High Test Energizer Smoothie	3	2
Mango Spirit	3	1
Mystical Mango	5	2
Orange Sunrise	5	1
Peach Paradise	3	2
Peach Passion	3	1
Peanut Butter Energizer	5	4
Pineapple Paradise	3	1
Raspberry Royale	5	2
Strawberry Karma	3	1
Strawberry Mirage	3	1
Strawberry Nirvana	3	2
Strawberry Spirit	5	2

Low Calorie Smoothies

Low Calorie Smoothies	H	S
Majestic Mango	2	1
Magical Strawberry	2	2

Low Calorie Smoothies

Low Calorie Smoothies	H	S
Orange Passion	2	1
Soulful Strawberry	2	1

Beverage

Beverage	H	S
Cherry Coke	2	0
Coke	2	0

Beverage

Beverage	H	S
Diet Coke	0	0
Sprite	2	0