

# barbecue

## BARBECUE

all sandwiches served with your choice of one side

BARBECUE BRISKET SANDWICH . . . . .	8.89
PULLED BARBECUE PORK SANDWICH . . . . .	8.49
PULLED BARBECUE CHICKEN SANDWICH . . . . .	8.49
TEXAS-SMOKED BARBECUE BRISKET PLATTER . .	10.99

served with two sides

HICKORY SMOKED BABY BACK RIBS . . . . .	12.99
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1/2 slab

## ROTISSERIE CHICKEN

roisserie chicken served with your choice of two sides

1/4 SPIT ROASTED CHICKEN . . . . .	8.99
1/2 SPIT ROASTED CHICKEN . . . . .	10.49
add all white meat . . . . .	1.99

## GIANT STUFFED BAKED POTATO

with butter & sour cream . . . . . 5.99

with your choice of toppings . . . . . 7.99

# juice

## SMOOTHIES & SHAKES STARTING AT 4.39

With Fresh Fruit Juices, Real Frozen Yogurt or Ice

WILD BERRY Blueberries, Strawberries and Raspberries
STRAW-NANA Strawberry and Banana
SUNSHINE Orange, Banana and a Touch of Coconut
GO-BANANAS Bananas and More Bananas
MANGO TANGO Mango, Pineapple and Orange

## VEGGIE DRINKS REGULAR 3.99 LARGE 4.49

ORGANIC CARROT Nature's Nectar	
SWEET JANE Carrot and Apple	
GINGER SNAP Carrot, Apple, Ginger	
RED VELVET Carrot, Apple, Beet	
THE TRIP Carrot, Apple, Beet, Celery	
WHEAT GRASS 1 OZ . . . . .	2.49

## REAL FROZEN YOGURT

SMALL . . . . .	3.49	REGULAR . . . . .	4.49
LARGE . . . . .	4.99	ADD TOPPING . . . . .	.79
FROZEN YOGURT MIXER Blended with 2 toppings . . . . .	4.99		

## POWER POTIONS

BREAKFAST DRINK . . . . .	4.99
SHOPPERS ENERGY DRINK . . . . .	5.49

## FRESH SQUEEZED ORANGE JUICE

SMALL . . . . .	3.69	LARGE . . . . .	4.49
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# pizza

## PIZZA BY THE SLICE

CHEESE . . . . .	4.39
PEPPERONI, SAUSAGE, OR VEGETABLE . . . . .	4.69
CHEF'S SPECIAL . . . . .	4.79

## INDIVIDUAL DEEP DISH

CHEESE . . . . .	6.79
PEPPERONI, SAUSAGE, OR SPINACH . . . . .	7.49

# foodlife®

at Water Tower Place

# stir-fry

1. Fill your bowl with your favorite vegetables.
2. Select your cooking style.
3. All Vegetables..... 8.49  
Add Chicken breast or Tofu.....9.49  
Add Beef Tenderloin..... 10.99  
Add Shrimp ..... 10.99

## CITRUS CHILI

Citrus zest with lemon, orange and fresco chile

## SESAME GINGER

Cool combination of ginger, agave nectar, hoisin & sesame oil

## KUNG PAO SAUCE

Traditional sweet and spicy sauce with ginger, garlic and hoisin

## TERIYAKI

A sweet soy based sauce with fresh leeks, ginger, garlic, and a hint of sherry

# comfort

## FRIED CHICKEN

2 PIECE 1 SIDES. . . . .	7.99
3 PIECE 2 SIDES. . . . .	9.79
ALL WHITE MEAT ADD . . . . .	1.99

## SPECIALS & FAVORITES STARTING AT 6.49

Buffalo Wings, Meat Loaf, Potato And cheese Pierogies, Pepper Steak, Stuffed Peppers, Fried Chicken, Chicken Pot Pie, Turkey Dinner

## SIDES STARTING AT 2.69

Mashed Potatoes, Oven Roasted Potatoes, Peas and Carrots, Macaroni and Cheese, Sweet Potatoes

# sweet

Serving everything from our made to order Crepes to our custom made Ice Cream and Gelato, there is something for everyone at Sweetlife. Come in and try a Hot Fudge Brownie or a slice of our Triple Layer Chocolate Cake, made fresh daily by our foodlife bakers.

## WE MAKE IT HERE!

all of our sauces are made fresh here in the restaurant, fresh guacamole, marinara, teriyaki, and ranch dressing, just to name a few

# salad

## create your own salad from over 30 toppings

- REGULAR GREENS (UP TO 4 TOPPINGS) . . . . . 7.99
- LARGE GREENS (UP TO 6 TOPPINGS) . . . . . 8.99

### ADD

- GRILLED CHICKEN BREAST . . . . . 1.99
- APPLEWOOD SMOKED TURKEY . . . . . 1.99
- FRESH TOFU . . . . . 1.99
- GRILLED SALMON . . . . . 3.99

### CHOOSE YOUR STYLE

tossed • chopped • wrapped

# taqueria

## TACOS

two double-thick tacos, filled with meat or veggies, lettuce, pico de gallo, and cheese

## BURRITOS

with meat or veggies, black beans, pico de gallo, lettuce and sour cream

## RICE BOWL

mexican rice with black beans or pinto beans

## QUESADILLAS

filled with chihuahua cheese, meat or veggies and pico de gallo

### WITH

- GRILLED VEGGIES . . . . . 8.69
- CHICKEN TINGA . . . . . 8.99
- PORK CARNITAS . . . . . 8.99
- GROUND BEEF . . . . . 8.99
- STEAK . . . . . 9.99

### SIDES

- CHIPS WITH GUACAMOLE . . . . . 5.99
- NACHOS . . . . . 6.99

# sushi

## MAKI

- CALIFORNIA . . . . . 7.79
- CRUNCHY AVOCADO . . . . . 6.99
- SPICY TUNA . . . . . 7.79
- ACAPULCO . . . . . 7.79
- RAINBOW . . . . . 9.79
- CHOOSE TWO . . . . . 13.00

## SIDES

- EDAMAME . . . . . 2.69
- SESAME NOODLE SALAD . . . . . 2.99
- SEAWEED SALAD . . . . . 3.79
- TUNA POKE . . . . . 6.49

# soup

- BOTTOMLESS SOUP BOWL . . . . . 6.99
- BOTTOMLESS SPECIALTY SOUP BOWL . . . . . 7.99
- CUP OF SOUP . . . . . 3.49
- CUP OF SPECIALTY SOUP . . . . . 3.99
- PINT OF SOUP . . . . . 5.99
- PINT OF SPECIALTY SOUP . . . . . 6.49

New England Clam Chowder, Turkey Chili, Chicken Noodle, Creamless Tomato, Fully Loaded Baked Potato, Tomato Basil, Italian Wedding, Broccoli Cheddar, Beef and Pot Roasted Vegetables

\* selections change daily

items and prices are subject to change without notice

# chinese by Big Bowl

## ENTREES

- ORANGE CHICKEN . . . . . 8.49
- SESAME CHICKEN . . . . . 8.49
- KUNG PAO CHICKEN . . . . . 8.49
- YELLOW CURRY CHICKEN . . . . . 8.49
- STEAK SPECIALTY . . . . . 9.49
- COMBO BOWL (CHOOSE 2) . . . . . 9.49

## SIDES

- CHICKEN POTSTICKERS (4) . . . . . 3.99
- CHICKEN EGG ROLLS (2) . . . . . 3.99
- CLASSIC FRIED RICE . . . . . 3.49

# pasta

- BOLOGNESE LASAGNA . . . . . 9.99
- CHICKEN PARMESAN . . . . . 10.99
- CHICKEN MILANESE . . . . . 10.99
- GRILLED ITALIAN SAUSAGE . . . . . 2.49
- CHICKEN MEATBALL . . . . . 2.99
- MAMA D'S MEATBALL . . . . . 2.99

## CREATE YOUR OWN PASTA

8.99

CHOICE OF PASTA ● CHOICE OF SAUCE

## PANINI

- TURKEY ASIAGO PANINI . . . . . 7.99
- Oven- Roasted Turkey, Red Onion
- CAPRESE PANINI . . . . . 7.49
- Tomato, Mozzarella, Fresh Basil
- CHICKEN & PESTO PANINI . . . . . 7.99
- Fresh Asiago Cheese, Oven Dried Tomatoes
- SPICY ITALIAN PANINI . . . . . 7.99
- Hot Capicola, Roast Turkey, Mozzarella, Giardiniera

# the grill

## SANDWICHES

- CHICAGO-STYLE HOT DOG . . . . . 5.49
- tomato, pickle, mustard, onion, relish, sport peppers, celery salt
- GRILLED CHICKEN SANDWICH . . . . . 8.49
- lettuce, tomato, chipotle mayo
- THE WORKS BURGER . . . . . 8.49
- cheddar cheese, lettuce, tomato, mayo, pickles
- GRILLED CHICKEN PITA . . . . . 8.49
- fresh-baked whole wheat pita, homemade tzatziki

## KABOBS

- CHICKEN BREAST . . . . . 7.99
- red peppers, lemon rice pilaf
- SHRIMP . . . . . 10.49
- red peppers, red onions, lemon rice pilaf
- BEEF TENDERLOIN . . . . . 10.49
- red peppers, lemon rice pilaf

## SIGNATURE GRILL

- CHICKEN BREAST . . . . . 8.99
- TILAPIA . . . . . 11.49
- ATLANTIC SALMON . . . . . 13.49
- AHI TUNA . . . . . 14.49

## CHOOSE YOUR PREPARATION

char-grilled • seared • blackened  
sesame-crust • peppercorn-crust