Tulsa Press Club

Monday – Friday from 11:00am – 2:00pm

**Wraps**

\*served with kettle chips (premium side +3)

California Wrap 13

turkey, bacon, avocado, spinach, tomato, onion, chipotle mayo

Chicken Club Wrap 12

 chicken, bacon, tomato, onion

 cheddar, ranch

Chicken Caesar Wrap 12

 chicken, romaine, parmesan,

 caesar dressing

Deco Wrap 12

chicken, goat cheese, mixed greens, tomato, basil mayo

Greek 12

hummas, spinach, kalamata olives, artichoke, cucumber, red pepper, feta herb vinaigrette

**Salads & Soups**

House or Caesar Salad 8

\*add chicken - 3

Deco Salad 13

 chicken, strawberries, walnuts,

 blueberries, goat cheese

Kale Salad 11

 parmesan, sunflower seeds,

 walnut oil, lemon juice

Soup of the Day 6/8

**Sandwiches**

\*served with kettle chips (premium side +3)

Cuban 12

 roasted pork, ham, pickles,

 swiss, mustard

Kennedy 12

 turkey, sauerkraut, swiss,

 chipotle mayo, jalapeno bread

Mayo 10

 mayo, mustard and dill egg

 salad, lettuce, tomato,

 white bread

McFarlin 12

 pastrami, sauerkraut, swiss

 1000 island, marble rye

Mid – Continent 12

 ham, salami, provolone, tomato

 romaine, giardiniera,

basil mayo

Philtower 11

turkey, swiss, tomato, romaine, onion, honey wheat

Thompson 9

provolone, cheddar, gouda, horseradish, tomato, potato

bread

Tulsa Club 10

 ham, bacon, turkey, romaine,

 tomato, red onion, mustard

Union Depot 10

 chicken salad, spinach, tomato

 honey potato bread

320 Building 12

 chicken, arugula, red onion,

 provolone, pesto, hoagie roll

**A la Carte/Premium Sides**

Kettle Chips 4

Fresh Fruit 5

Pasta Salad 4

Potato Salad 4

Tabouli 5

Chicken Breast 6

\*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions