

We've selected some Healthier Options for you in this Menu. Be sure to visit our Website at [www.babeshotdogs.com](http://www.babeshotdogs.com) for our full Menu.

### SOUP (Served Seasonal in Fall and Winter Months)

Babes offers 4 soup choices Daily. Our Healthy Choice is. Vegetarian Minestrone (Wednesdays only during Fall/winter/Winter)

### BABES CREATE-A-SALAD...\$9.99

Create the Perfect Salad for you!

Choose Your Fresh Greens

Romaine • Spring Mix • Spinach • Iceberg

Add your favorite ingredients

<u>Veggies</u>	<u>Misc.</u>	<u>Cheese (Choose 1)</u>
Tomatoes	Hard Boiled Egg	Cheddar
Radish	Mandarin Oranges	Bleu Cheese
Cucumber	Red Grapes	Swiss
Mushrooms	Black Bean Corn Salsa	Feta
Asparagus spears	Black Olives	Parmesan
Pepperoncini Peppers	Pasta	Mozzarella
Roasted Red Pepper	Bacon Bits	
Green Bell Pepper		
Red or Green Onion	<u>Meat (Choose 1)</u>	<u>Extra Meat</u>
	Grilled Chicken	Add \$2.25
	Buffalo Chicken	Steak Add \$3.00
<u>Extras (50¢ extra)</u>	Roast Beef	
Pecans	Taco Meat	
Toasted Almonds	Turkey	
Cranberries	Ham	
Apples		

Choose Your Dressing

Babes offers a variety of salad dressings. Our Healthier Choices are listed below.

Zesty Italian	Balsamic Vinaigrette
Fat Free Ranch	Fat Free Raspberry Vinaigrette
Fat Free Italian	

Your Choice.... Tossed or Chopped!

Prices subject to change without notice 7/2022

### BABES SIGNATURE SALADS

Babes offers a variety of Signature Salads. Our Healthier Choices are listed below. Visit our website for all of our Salads.

**BABE'S CHOPPED SALAD**- chopped iceberg and romaine lettuce, diced chicken, real bacon, scallions, pasta shells, tomato & bleu cheese crumbles. Served with your favorite dressing on the side...\$9.99

**APPLE PECAN CHICKEN SALAD**- romaine & iceberg lettuce, pecans, apples, dried cranberries, bleu cheese, tomatoes, diced chicken. Served with raspberry vinaigrette dressing on the side....\$9.99

**FRUITY HAWAIIAN SALAD**- spring mix, diced grilled chicken, cucumbers, red onions, tomatoes, red grapes, Mandarin oranges & toasted almonds. Served with fat free raspberry vinaigrette dressing on the side...\$9.99

**CHEF SALAD**- iceberg and romaine lettuce blend, ham, turkey, Swiss cheese, tomatoes, cucumbers and hard boiled egg. Served with your favorite dressing on the side...9.99

**CHICKEN SALAD**- diced chicken fingers, iceberg and romaine lettuce blend, tomatoes, cucumbers, carrots and radish. Served with your favorite dressing on the side...\$9.99

**GARDEN SALAD**- iceberg and romaine lettuce blend, tomatoes, cucumbers, carrots and radish. Served with your favorite dressing on the side...\$7.39

**GARDEN SIDE SALAD**- iceberg and romaine lettuce blend, tomatoes, cucumbers, carrots and radish. Served with your favorite dressing...\$4.69  
add meat to side salad: \$1.00, add cheese to side salad: .60

All Salads are "made to order"

### BABES SIGNATURE COLD WRAPS

**SOUTHWEST TURKEY**- Slow roasted Cajun turkey breast with black bean corn salsa, roasted red peppers & scallions wrapped in a chipotle tortilla with ancho chipotle sauce....\$9.99

**CLUBHOUSE**-Sliced ham, turkey, bacon, American, Swiss cheese, lettuce, tomato, on your choice flour or honey wheat tortilla with mayonnaise.....\$9.99

**TOTALLY TUNA**-Albacore tuna salad with lettuce, red onion, tomato, cucumber on your choice flour or honey wheat tortilla \$9.99

**VEGETARIAN**-Romaine lettuce, guacamole, tomato, cucumber, carrots and red onion drizzled with balsamic vinaigrette dressing rolled in a spinach tortilla.....\$8.99



Healthy Eating

H  
e  
a  
l  
t  
h  
y  
  
E  
a  
t  
i  
n  
g

**BABES SIGNATURE HOT WRAPS**

**STEAK FAJITA**-Seasoned tender grilled steak, sautéed onions, bell peppers, cheddar cheese, tomato, guacamole, sour cream and salsa wrapped in a steamed chipotle tortilla.....\$9.99

**GRILLED CHICKEN FAJITA**-tender grilled chicken breast strips, sautéed onions, bell peppers, cheddar cheese, tomato, guacamole, sour cream and salsa wrapped in a steamed chipotle tortilla.....\$9.99

**CHIPOTLE CHICKEN**- tender grilled chicken strips, cheddar cheese, bacon, lettuce, tomato, cucumber and scallions wrapped in a steamed chipotle wrap with ancho chipotle sauce.....\$9.99

**BLTC**-Bacon, lettuce, tomato and cheddar cheese. Your choice of flour or honey wheat tortilla with mayonnaise.....\$9.99

**BABES CREATE-A-WRAP...\$9.99**

*Choose Your Wrap*

Honey Wheat • Chipotle • Spinach • Garlic Herb • Flour

*Choose Your Sauce*

Chipotle Salsa  
Mayo Horseradish Dijon  
Ranch Buffalo

*Choose any one meat*

Ham Grilled Chicken  
Turkey Roast Beef  
Tuna Steak **\$3 extra**  
**Extra meat .....add \$2.25**

*Choose any one Cheese*

American • Swiss • Shredded Cheddar • Mozzarella  
Warm Melted Cheddar • Feta • Parmesan • Bleu cheese

*Choose Your veggies*

Asparagus                      Pepperoncini  
Carrot                            Radish  
Cucumber                        Red Onion  
Green Pepper                    Green Onion  
Roasted Red Pepper            Tomato  
Mushrooms  
Black Olives

**GRILLED CHICKEN SANDWICH.....\$5.19**  
Tender, juicy chicken breast served on your choice of white or wheat Kaiser roll

**TUNA SALAD SANDWICH.....\$5.99**  
Served on a French roll with lettuce and tomato

 Become a Facebook Fan at [www.facebook.com/babeshotdogs](http://www.facebook.com/babeshotdogs)

# Babe's® Healthy Choices



**2600 W. Jefferson St.  
Joliet, IL  
815-744-7773**

**Spring Hours: Mon-Sat 10am—9pm & Sun 11-8pm**

Visit [www.BabesHotDogs.com](http://www.BabesHotDogs.com)  
For more information, coupons & daily specials

Support  
Independent, Locally Owned Businesses of  
Will County  
[www.WillBuyLocal.com](http://www.WillBuyLocal.com)