

# Breakfast



## SANDWICHES

Egg and Cheese English Muffin   250 cal	\$3.20
Bacon, Egg, and Cheese Biscuit   470 cal	\$3.70
Sausage, Egg, and Cheese English Muffin   420 cal	\$3.50
Ham, Egg, and Cheese Biscuit   430 cal	\$3.50

## OMELETS

Cheese Omelet   340 cal	\$3.10
Vegetable Omelet (up to 3)   340-355 cal	\$3.60
Meat Omelet (w/ up to 3 veg)   370-525 cal	\$4.60

## BREAKFAST ENTREE

Breakfast Plate   320-560 cal Two Eggs + Two Sides	\$4.40
Biscuits and Gravy   350 cal	\$4.10

## SIDES

Two Slices of Bacon   70 cal	\$1.05
Ham   30 cal	\$1.05
Sausage Patty   170 cal	\$0.85
One Egg   90 cal	\$1.05
Pan Fried Potatoes   210 cal	\$1.05
Two Toast Slices   110-160 cal	\$1.05
Bagels   210-270 cal	\$1.25
English Muffin   120 cal	\$1.25
Apple or Banana   70-105 cal	\$0.99

Additional nutrition information available upon request. 2000 calories per day is used for general nutrition advice, but calorie needs vary.

# Lunch



## SALADS

**Chicken Caesar Salad | 320 cal** \$6.65  
Our classic caesar with the addition of oven roasted chicken

**Taco Salad | 940 cal** \$6.65  
Iceberg lettuce, diced tomato, jalapeno peppers, sour cream, guacamole, salsa, and shredded cheddar cheese on a bed of crisp tortilla chips with roasted chicken or seasoned ground turkey

**Summer Salad | 165 cal** \$6.65  
Crisp Romaine lettuce, fresh strawberries, roasted sunflower seeds, Ocean Spray raisins, and bleu cheese crumbles with light raspberry vinaigrette

## SANDWICHES

**Turkey and Bacon Ciabatta | 480 cal** \$6.25  
Turkey, bacon, American cheese, lettuce, and tomato on a rustic ciabatta roll

**Ham and Swiss Ciabatta | 370 cal** \$6.25  
Ham, Swiss cheese, dill pickle, lettuce, and mustard on ciabatta roll

## SOUPS

**Daily Rotation**

	8 oz.	12 oz.
	\$3.10	\$3.60

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## HOT OPTIONS

Chicken Alfredo Pasta | 640 cal     \$6.45

Penne pasta with oven roasted chicken and blended Italian cheeses, served with garlic bread

Chicken Quesadilla | 850 cal     \$6.95

A crispy flour tortilla filled with chicken, cheddar, lettuce, & tomato.

Guacamole, salsa, jalapenos, & sour cream on side.

Ground Turkey Quesadilla | 920 cal  
\$6.95

A crispy flour tortilla filled with ground turkey, cheddar, lettuce, & tomato.

Guacamole, salsa, jalapenos, & sour cream on side.

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FUSION  
a fusion of fresh and flavor

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