BREAKFAST

Omelets
Cheese Omelet 330 cal $3.20
Vegetable Omelet 330-350 cal $3.70
Made to order with your choice of up to three vegetables
Meat Omelet 360-520 cal $4.75
Made to order with your choice of meat and up to three vegetables

Breakfast Sandwiches
Served on your choice of biscuit or english muffin.
Egg & Cheese 250-400 cal $3.30
Sausage, Egg & Cheese 420-570 cal $3.80
Bacon, Egg, & Cheese 320-470 cal $3.60
Ham, Egg, & Cheese 280-430 cal $3.60

À La Carte
Bacon 70 cal $1.10
Two slices
Ham 30 cal $1.10
One slice
Sausage 170 cal $0.90
One patty
Two Eggs 180 cal $1.90
Toast 120-130 cal $1.30
Two slices of your choice of white or wheat
Home Fries 210 cal $1.30
Bagel 210-270 cal $1.30
English Muffin 120 cal $1.30

Breakfast Plate 320-560 cal $4.55
Two eggs cooked to order with your choice of one meat and potatoes or a biscuit

john conti® Gourmet Coffee
12 oz. 0 cal $2.00
16 oz. 0 cal $2.35

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

### Salads

**Made to Order 75-590 cal**
Your choice of Romaine lettuce or baby spinach, four toppings, one cheese option, dressing, & croutons

**Grilled Chicken Cobb 410 cal**
Grilled chicken & avocado on romaine tossed with bacon, tomato, egg, blue cheese, & Italian dressing

**Chicken Caesar 320 cal**
Grilled chicken on romaine tossed with Parmesan, seasoned croutons, and creamy Caesar dressing

**Buffalo Chicken 420 cal**
Grilled chicken, bacon, blue cheese, vegetables, and seasoned croutons on crisp salad greens

**Bacon Spinach 190 cal**
Tender spinach tossed with blue cheese, bacon, mushrooms, egg, and red onion

### Sandwiches & Wraps

**Made to Order 75-590 cal**
Create your own sandwich or wrap

**Tuna Salad Sandwich 400 cal**
Creamy tuna salad, tomato, and lettuce on wheat berry bread

**Chunky Chicken Salad Sandwich 390 cal**
Diced chicken and celery in a creamy Dijon mayonnaise dressing

**Grilled Chicken Caesar Wrap 700 cal**
Grilled chicken, Parmesan, romaine lettuce, tomato, and croutons with Caesar dressing in a wrap

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

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

### Drinks

<table>
<thead>
<tr>
<th>24 oz Fountain Drink</th>
<th>0-370 cal</th>
<th>$1.90</th>
</tr>
</thead>
<tbody>
<tr>
<td>32 oz Fountain Drink</td>
<td>0-460 cal</td>
<td>$2.15</td>
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</tbody>
</table>

### Hot Options

**Grilled Cheese 300 cal**
Your choice of white or wheat with American Cheese

**Grilled Cheese Combo 400-590 cal**
Grilled cheese served with an 8 oz. soup of Day

**Chicken Quesadilla 850 cal**
A crispy flour tortilla filled with chicken, cheddar, lettuce, & tomato, Guacamole, salsa, jalapenos, & sour cream on side.

**Black Bean Burger 310 cal**
Black bean burger topped with lettuce, tomato, and sliced onion on a toasted roll

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## Made To Order

### Sandwiches

<table>
<thead>
<tr>
<th>Bread</th>
<th>Protein</th>
<th>Cheese</th>
<th>Toppings</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Chicken Salad</td>
<td>American</td>
<td>Banana Peppers</td>
</tr>
<tr>
<td>Wheat</td>
<td>Turkey</td>
<td>Cheddar</td>
<td>Black Olives</td>
</tr>
<tr>
<td>Wheat Berry</td>
<td>Ham</td>
<td>Pepper Jack</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Ciabatta</td>
<td>Hummus</td>
<td>Provolone</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Wrap</td>
<td>Tuna Salad</td>
<td>Swiss</td>
<td>Red Onion</td>
</tr>
</tbody>
</table>

**$6.95**

- extra meat $1.90
- add bacon $1.10
- extra cheese $0.90

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