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 | $4.40
Two Eggs + Two Sides
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**
Our classic caesar with the addition of oven roasted chicken

**Taco Salad | 940 cal**
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**
Crisp Romaine lettuce, fresh strawberries, roasted sunflower seeds, Ocean Spray craisins, and bleu cheese crumbles with light raspberry vinaigrette

SANDWICHES

**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

SOUPS

Daily Rotation
8 oz. $3.10 12 oz. $3.60
Lunch

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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