


# Salad Bar

**Create-Your-Own Salads** are served on a bed of Romaine (10 Cal)






## Protein

Grilled Chicken  
Breast Strips 110 Cal  
Bacon 100 Cal  
 Hard Boiled Egg  
90 Cal







## Veggies

Tomato 5 Cal  
Red Onion 10 Cal  
Carrots 5 Cal  
Kalamata Olives 90 Cal  
Cucumbers 5 Cal  
Green Peppers 5 Cal  
Sliced Banana  
Peppers 5 Cal

## Toppings

 Roasted Corn and  
Black Bean Salsa 35 Cal  
 Shredded Cheddar  
Cheese 110 Cal  
 Shredded Parmesan  
110 Cal  
 Feta Crumble 70 Cal  
 Croutons 30 Cal

## Dressings

 Ranch 200 Cal  
 Chipotle Ranch 300 Cal  
 Fat Free Ranch 110 Cal  
 Balsamic 200 Cal  
 Oil and Vinegar 130 Cal  
Caesar 260 Cal  
 Italian 220 Cal

**Grab-N-Go Salads** available after 2pm in the cooler

Chicken Caesar Salad

Chef Salad

Greek Salad 



### Salad Only

\$10.99

Add a beverage to make it a **Meal Combo**



or \$11.59

### Beverage Options

Fountain drink, milk,  
or small brewed coffee  
0-330 Cal

Additional nutrition information available upon request.  
2,000 calories a day is used for general nutrition advice, but calorie needs vary.



# Paninis & Quesadillas

**Paninis** are served on Italian Ciabatta Bread

## **Chicken Pepperjack Panini** 700 Cal \$10.99

Grilled Chicken, Pepperjack Cheese, Fresh Tomato, Red Onion, and Chipotle Mayo

## **Chicken Bacon Ranch Panini** 810 Cal \$10.99

Grilled Chicken, Bacon, Swiss Cheese, Caramelized Onions, and Homestyle Ranch

## **Four Cheese Panini** 740 Cal \$10.99

Cheddar, Swiss, Monterey Jack, American Cheese

**Quesadillas** come with Tortilla Chips, Salsa, and Sour Cream

## **Chicken Quesadilla** 1070 Cal \$9.99

Chicken, Cheese, Chipotle Ranch


## **Cheese Quesadilla** 1130 Cal \$9.99

Grilled Tortilla Shell with Cheddar Cheese

## **Bean Quesadilla** 970 Cal \$9.99

Beans, Corn, Onions, Cheese

Add a beverage and a side to any Panini to make it a Meal Combo

 or \$12.59

### **Beverage Options**

Fountain drink, milk, or small brewed coffee  
0-330 Cal

### **Side Options**

Chips or Whole Fruit  
70-340 Cal

Add a beverage to any Quesadilla to make it a Meal Combo

 or \$12.19

### **Beverage Options**

Fountain drink, milk, or small brewed coffee  
0-330 Cal

Additional nutrition information available upon request.  
2,000 calories a day is used for general nutrition advice, but calorie needs vary.