

Salad & Soup

Custom Salad \$11.99

served on a bed of Romaine (10 Cal)

Protein

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

Veggies

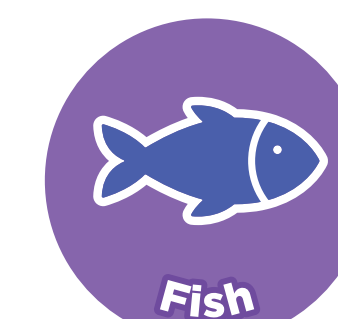
Tomato	5 Cal
Red Onion	10 Cal
Carrots	5 Cal
Kalamata Olives	90 Cal
Cucumbers	5 Cal
Green Peppers	5 Cal
Sliced Banana Peppers	5 Cal

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

Soup

8 oz \$5.99	12 oz \$6.99	16 oz \$7.99
90-320 cal	140-480 cal	180-640 cal

Ask about our soup of the day!

Mac & Cheese: Add 20¢



See Combo options on other panel

Paninis & Quesadillas

Paninis are served on Italian Ciabatta Bread

Chicken Pepperjack Panini 700 Cal \$11.99

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

Chicken Bacon Ranch Panini 810 Cal \$11.99

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

Four Cheese Panini 740 Cal \$11.99

Cheddar, Swiss, Monterey Jack, American Cheese

Quesadillas come with Tortilla Chips, Salsa, and Sour Cream

Chicken Quesadilla 1080 Cal \$10.99

Chicken, Cheese, Chipotle Ranch

Cheese Quesadilla 750 Cal \$10.99

Grilled Tortilla Shell with Cheddar Cheese

Bean Quesadilla 890 Cal \$10.99

Beans, Corn, Onions, Cheese

Combos



Drink Options (0-330 Cal)

- Fountain Drink
- Milk or Milk Alternative
- Small Brewed Coffee/Tea

Salad \$12.29

+ Drink
Cals vary

Soup (any size) \$11.19

+ Chips or Whole Fruit
+ Drink

Mac & Cheese: Add 20¢
140-1160 Cal

Panini \$14.09

+ Chips or Whole Fruit
+ Drink
750-1450 Cal

Quesadilla \$13.19

+ Drink
750-1410 Cal

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