

Scrambled Eggs

180 cal | 4 OZ | \$0.78

HALAL

Light and fluffy scrambled eggs seasoned with salt and pepper

Allergens: egg, soy



Pork Sausage Links

200 | 2 EA | \$0.67

Eggs Scrambled With Sausage & Peppers

210 cal | 4 OZ | \$0.97

Cage free eggs scrambled with sausage, peppers, onions and mozzarella cheese

Allergens: egg, milk, soy

Scrambled Egg

100 cal | 2 OZ | \$1.78

HALAL

Scrambled Vegan Egg Substitute

Allergens: soy



Hash Browned Diced Potatoes

80 cal | 4 OZ | \$0.79

HALAL

Roasted diced potatoes with salt free seasoning and pepper



Bacon Slices

70 cal | 2 EA | \$0.60

Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Herb Roasted Turkey with Gravy

100 cal | 3 OZ | \$1.86

Alfredo Pasta Bake

420 cal | 1 EA | \$1.56

HALAL

Allergens: milk, gluten, wheat, soy



Garlic Roasted Green Beans

60 cal | 4 OZ | \$0.67

HALAL



Blackened Tofu

140 cal | 3 OZ | \$0.88

HALAL

Allergens: soy, wheat, gluten



= vegan = plantbased = vegetarian

California Mixed Vegetables

30 cal | 3 OZ | \$0.99

HALAL

Steamed broccoli, cauliflower and carrots



Mexican Brown Rice With Red Pepper

130 cal | 4 OZ | \$0.41

HALAL

Brown rice simmered with tomatoes, onions, red peppers, garlic, and fresh cilantro



Baja Black Beans

70 cal | 3 OZ | \$0.56

HALAL

Black beans simmered with yellow onion, garlic, cumin, black pepper and kosher salt



Simply Grilled Chicken

210 cal | 1 EA | \$2.71

HALAL

Char grilled chicken seasoned with extra virgin olive oil, kosher salt and black pepper



Mindful



Vegan



Plant Based



Vegetarian

marinara

Pasta with Protein \$4.62
Pasta without Protein \$2.57

Marinara May 9

1. Pasta Options:

Cavatappi Pasta 220 cal | 6 oz.  
Allergens: wheat, gluten

Fettuccine Pasta 250 cal | 6 oz.  
Allergens: wheat, gluten

3. Protein Options:

Italian Meatballs 360 cal | 4 ea.
Allergens: milk, wheat, soy, gluten

2. Vegetable Options:

Roasted Eggplant 40 cal | 1 oz.  

Roasted Zucchini 20 cal | 1 oz.  

Roasted Red Onions 25 cal | 1 oz.  

4. Sauce Options:

Spicy Roasted Pepper Cream Sauce 270 cal | 6 oz. 
Allergens: milk, wheat, soy, gluten

Crushed Marinara Sauce 60 cal | 6 oz. 

 Mindful  Vegan  Vegetarian  Plant Based

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

Sizzle May 9

Hamburger \$2.99

Allergens: milk, egg, wheat, soy, gluten, sesame

Cheeseburger \$3.19

Allergens: milk, egg, wheat, soy, gluten, sesame

Bacon Cheeseburger \$4.14

Allergens: milk, egg, wheat, soy, gluten, sesame

Beyond Burger®   \$3.31

Allergens: wheat, coconut, soy, gluten, sesame

Black Bean Burger   \$2.53

Allergens: wheat, soy, gluten, sesame

Turkey Burger \$2.09

Allergens: milk, egg, wheat, soy, gluten, sesame

Garden Burger  \$2.73

Allergens: milk, wheat, soy, gluten, sesame

Philly Cheesesteak \$4.45

Allergens: milk, wheat, soy, gluten, sesame

Gluten-free bun

Allergens: egg

Fried Chicken Sandwich \$2.45

Allergens: milk, wheat, soy, gluten, sesame

Fried Chicken Sandwich with bacon and cheese \$3.15

Allergens: milk, wheat, soy, gluten, sesame

French Fries  \$0.42

Allergens: wheat, gluten

Mozzarella Sticks  \$3.01

Allergens: milk, wheat, soy, gluten

Hot Dog \$1.96

Allergens: milk, wheat, soy, gluten, sesame

Grilled Cheese Sandwich  \$1.51

Allergens: milk, wheat, soy, gluten, sesame

Chicken Tenders
\$3.38

HALAL

Today's Grill Special:

French Toast Sticks 

Allergens:
egg, milk, wheat, gluten

3 EA | \$0.96

Southwest Chili

140 cal | 8 OZ | \$2.27

Vegetarian chili loaded with vegetables and chipotle peppers

Allergens: gluten, wheat



Hearty Beef Chili With Beans

190 cal | 8 OZ | \$2.63

Wicked Thai Chicken And Rice Soup

210 cal | 8 OZ | \$1.51

An exotic blend of chicken, rice, peppers, aromatic spices with lemongrass, cabbage, shiitake mushrooms and chives

Allergens: fish, gluten, milk, soy, wheat



Mindful



Vegan



Plant Based



Vegetarian