

Scrambled Eggs
180 cal | 4 OZ | \$0.78

HALAL

Light and fluffy scrambled eggs seasoned with salt and pepper

Allergens: egg, soy



Bacon Slices
70 cal | 2 EA | \$0.60

Scrambled Egg
100 cal | 2 OZ | \$1.78

Allergens: soy



Turkey Sausage Patty
60 cal | 1 EA | \$0.49

Fried Tater Tots
250 cal | 4 OZ | \$0.68

HALAL

Scrambled Vegan Egg Substitute

Allergens: soy



Mindful



Vegan



Plant Based



Vegetarian

Southern Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Country Fried Steak with Cream Gravy

390 cal | 1 EA | \$2.68

Allergens: milk, soy, wheat, gluten

Eggplant Ragout With Garbanzo Beans

80 cal | 4 OZ | \$1.06

HALAL

Grilled eggplant simmered with tomato vegetable broth, red pepper, garbanzo beans, cumin, paprika and garlic



Rice Pilaf

230 cal | 4 OZ | \$0.24

HALAL

Long grain rice blended with mushrooms, peppers and herbs

Allergens: soy



Roasted Broccoli

40 cal | 4 OZ | \$0.95

HALAL



Mindful



Vegan



Plant Based



Vegetarian

Southern Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Pescado Frito

250 cal | 1 EA | \$2.53

Flounder rubbed with fresh garlic and oregano, fried until golden brown, and served with fresh lime

Allergens: fish

Baked Idaho Potato

210 cal | 1 EA | \$0.72

HALAL



Sauteed Zucchini with Stewed Tomatoes

40 cal | 3 OZ | \$0.36

HALAL



BBQ Tofu

90 cal | 3 OZ | \$1.31

Allergens: soy



= vegan = plantbased = vegetarian

Grilled Chicken

210 cal | 1 EA | \$2.71

HALAL

Lemon Thyme Rice

140 cal | 4 OZ | \$0.41

HALAL

VG

Roasted Crispy Cauliflower

20 cal | 2 OZ | \$1.33

HALAL

VG

Sauteed Summer Squash

45 cal | 4 OZ | \$0.49

HALAL

VG

Pasta with Protein \$4.99
Pasta without Protein \$2.88

marinara

Marinara May 11

1. Pasta Options:

Farfalle Pasta 190 cal | 6 oz.  
Allergens: wheat, gluten

Penne Pasta 150 cal | 6 oz.  
Allergens: wheat, gluten

3. Protein Options:

Balsamic Grilled Chicken 150 cal | 1 ea.

2. Vegetable Options:

Roasted Cauliflower 10 cal | 1 oz.  

Roasted Mushroom 40 cal | 1 oz.  

Roasted Broccoli 10 cal | 1 oz.  

4. Sauce Options:

Alfredo Sauce 290 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 11

Hamburger

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

\$2.99

Cheeseburger

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

\$3.19

Bacon Cheeseburger

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

\$4.14

Beyond Burger®  

Allergens: wheat, coconut, soy, gluten, sesame

\$3.31

Black Bean Burger  

Allergens: wheat, soy, gluten, sesame

\$2.53

Turkey Burger

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

\$2.09

Garden Burger 

Allergens: milk, wheat, soy, gluten, sesame

\$2.73

Philly Cheesesteak

Allergens: milk, wheat, soy, gluten, sesame

\$4.45

Gluten-free bun

Allergens: egg

Fried Chicken Sandwich

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

\$2.45

Fried Chicken Sandwich

with bacon and cheese

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

\$3.15

French Fries 

Allergens: wheat, gluten

\$0.42

Mozzarella Sticks 

Allergens: milk, wheat, soy, gluten

\$3.01

Hot Dog

Allergens: milk, wheat, soy, gluten, sesame

\$1.96

Grilled Cheese Sandwich 

Allergens: milk, wheat, soy, gluten, sesame

\$1.51

Chicken Tenders

\$3.38

HALAL

**Today's Grill
Special:**

**Pork Riblet
Sandwich**

Allergens:
wheat, soy, gluten, sesame

1 EA | \$1.63

Golden Broccoli And Cheese Soup
160 cal | 8 OZ | \$1.32

A rich soup made with chunks of broccoli, fresh cream and a smooth blend of velvety cheese

Allergens: milk, soy



Chicken Noodle Soup
110 cal | 8 OZ | \$1.26

Allergens: egg, gluten, soy, wheat



New England Clam Chowder
100 cal | 8 OZ | \$1.35

This rich and delicious chowder is made with diced white potatoes, fresh cream, clams and celery

Allergens: fish, gluten, milk, shellfish, soy, wheat



Mindful



Vegan



Plant Based



Vegetarian