

We may experience substitutions of some of our food and beverage items, and therefore, nutrition and allergen information is subject to change. If you have a food allergy or are looking for additional nutrition information, please ask to speak with a manager.

Lunch May 13

Southern Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

BBQ Pulled Pork

4 OZ | \$0.87

Allergens: wheat, sesame, gluten

Polenta

4 OZ | \$0.72

Allergens: soy

Lemon Garlic Broccolini

80 cal | 4 OZ | \$1.67

HALAL



Jerk Tofu

190 cal | 4 OZ | \$0.87

HALAL

Allergens: wheat, soy, gluten



= vegan = plantbased = vegetarian

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Dinner May 13

Southern Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Smothered Pork Chop

380 cal | 1 EA | \$1.82

Allergens: egg, gluten, soy, wheat

Caribbean Style Ratatouille

80 cal | 4 OZ | \$0.86

HALAL



Simply Roasted Sweet Potatoes

110 cal | 4 OZ | \$0.49

HALAL



Caribbean BBQ Glazed Tofu

110 cal | 3 OZ | \$1.31

HALAL

Allergens: soy, wheat, gluten



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Tilapia With Pineapple Chutney

150 cal | 1 EA | \$1.74

Tilapia fillet with fresh pineapple chutney

Allergens: fish



Simply Grilled Chicken

210 cal | 1 EA | \$2.71

HALAL

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



Caribbean Style Ratatouille

80 cal | 4 OZ | \$0.86

HALAL

Fresh squash and peppers simmered in a zesty caribbean style tomato sauce



Simple White Rice & Black Bean Pilaf

180 cal | 4 OZ | \$0.38

HALAL

White rice, cumin, oregano, vegetable broth, black beans and fresh cilantro



Baked Acorn Squash

70 cal | 1 EA | \$1.13

HALAL

Acorn squash baked with cinnamon



Slow Cooked Red Beans

90 cal | 4 OZ | \$0.83

HALAL



Mindful



Vegan



Plant Based



Vegetarian

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

Sizzle May 13

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Hamburger

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

\$2.99

Philly Cheesesteak

Allergens: milk, wheat, soy, gluten, sesame

\$4.45

Cheeseburger

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

\$3.19

French Fries

Allergens: wheat, gluten

\$0.42

Bacon Cheeseburger

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

\$4.14

Mozzarella Sticks

Allergens: milk, wheat, soy, gluten

\$3.01

Beyond Burger®

Allergens: wheat, coconut, soy, gluten, sesame

\$3.31

Hot Dog

Allergens: milk, wheat, soy, gluten, sesame

\$1.96

Black Bean Burger

Allergens: wheat, soy, gluten, sesame

\$2.53

Grilled Cheese Sandwich

Allergens: milk, wheat, soy, gluten, sesame

\$1.51

Turkey Burger

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

\$2.09

Gluten-free bun

Allergens: egg

Garden Burger

Allergens: milk, wheat, soy, gluten, sesame

\$2.73

Chicken Tenders

\$3.38

HALAL

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Roast Poblano White Cheddar Soup
140 cal | 8 OZ | \$2.55

Fire-roasted poblanos, green chilies, tomatillos, sharp white cheddar and cream, finished with a squeeze of lime

Allergens: milk



Vegetable Soup

90 cal | 8 OZ | \$1.36

A blend of carrots, tomatoes, Great Northern beans and red lentils simmered with herbs and a dash of balsamic vinegar

Allergens: gluten, wheat



Italian Wedding Soup
90 cal | 8 OZ | \$1.28

Acini di pepe pasta and tender meatballs in a rich chicken broth with green spinach, herbs and parmesan cheese

Allergens: gluten, milk, soy, wheat



Mindful



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