Richen

3-PIECE TENDERS

4.89 | 340 Cal

5-PIECE TENDERS

7.29 | 570 Cal



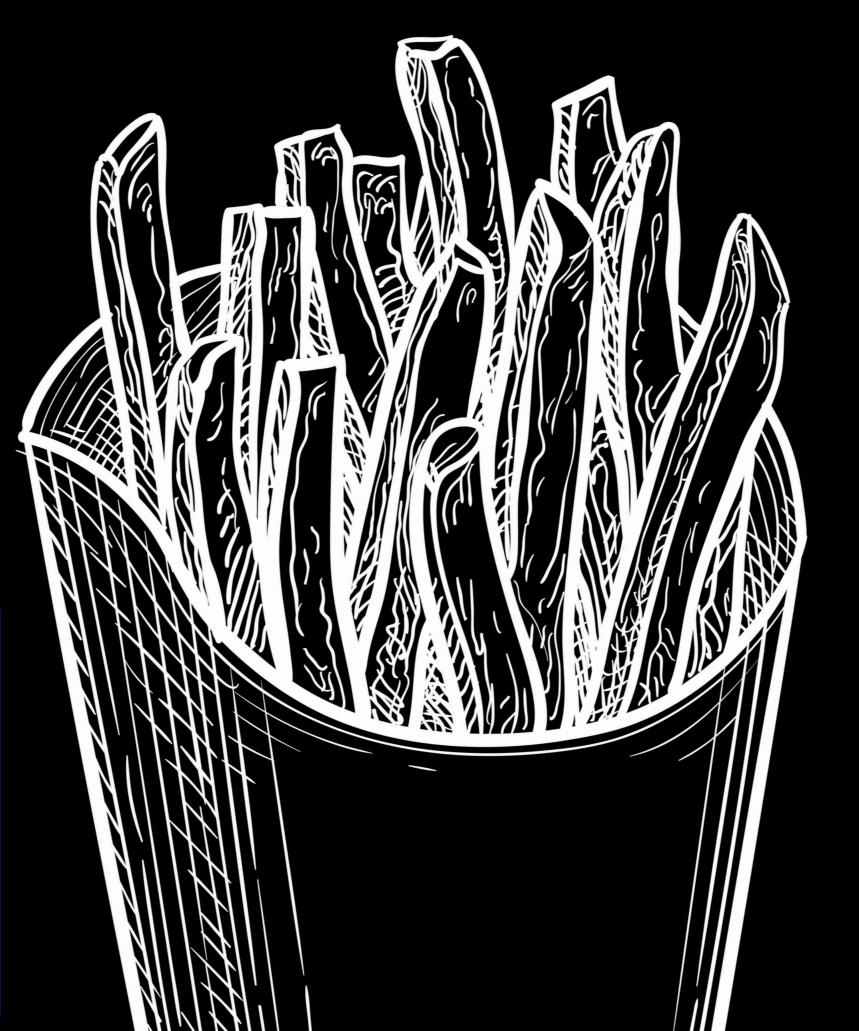
BUFFALO
THAI SWEET CHILI
HONEY BARBECUE

Before placing your order, please inform your server if anyone in your party has a food allergy. Meals made without gluten upon request are prepared in a separate area of our kitchen.

This may result in longer wait times.

We appreciate your understanding.

FRY FACTORY





FRENCH FRIES

Sm. 2.79 | 280 Cal Lg. 3.99 | 400 Cal

SWEET POTATO FRIES

Sm. 3.69 | 230 Cal

Londed Fries

GARLIC PARMESAN 4.89 | 510 Cal

Crispy fries tossed with fresh garlic and Parmesan cheese

CINNAMON CHIPOTLE 4.89 | 250 Cal

Sweet potato waffle fries dusted with spicy cinnamon sugar

LOADED BEEF TACO FRY 7.79 | 720 Cal

French fries loaded with taco beef, tomato, scallions, sour cream & cheese sauce

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

Semølina's

pick a pasta \$9.19

zucchini noodles (5 cal)

+ \$2.09 gluten free pasta (50 cal)

select a sauce

marinara (10 cal) | pesto (40 cal)
oil & garlic (135 cal)

pack in protein

grilled chicken (40 cal)
shrimp (35 cal) | sausage (90 cal)
+\$2.39 double protein

veg out

tomato (5 cal) | broccoli (10 cal) | mushrooms (5 cal) onions (10 cal) | peppers (10 cal) | spinach (5 cal) zucchini & squash (5 cal)

If protein-based, choose 3. If vegetarian, choose 5.

+ \$0.79 additional veggies

SLICES

PERSONAL PAN PIZZA \$6.09

Marinara or pesto
Five cheese blend
your choice of toppings \$1.49 each

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TACOS

BEEF

1 2.79 | 220 cal

2 4.19 | 440 cal

3 5.19 | 660 cal

CILANTRO CHICKEN

1 3.29 | 150 cal

2 4.49 | 300 cal

3 5.59 | 450 cal

BAJA VEGGIE

1 2.79 | 180 cal **3**

2 4.09 | 360 cal

3 5.09 | 540 cal

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QUESADILLAS

 Cheese

 3.59 | 330 cal

 Baja Veggie

 4.29 | 390 cal

 Beef

 5.09 | 550 cal

 Chicken

 5.09 | 400 cal

BURRITOS Try it as a bowl!

Bean 4.09 | 370 cal Beef 5.19 | 450 cal Chicken 5.19 | 490 cal

NACHOS

TACO SALAD

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TOPPINGS (cal per 1 oz)

SIDES

Rice Sour Cream O.89 | 55 cal
Salsa Verde O.99 | 10 cal
Roasted Tomato Salsa O.99 | 10 cal
Fresh Guacamole I.59 | 175 cal

VEGAN

Baja Veggie Tacos (2) 4.19 | 360 cal Vegan Cheese Quesadilla 2.59 | 440 cal Vegan Veggie Quesadilla 3.99 | 460 cal







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SANDWICHES

HAMBURGER CHEESEBURGER your choice of swiss, american, cheddar, pepperlack, or provolone TURKEY BURGER ______ \$5.69 | 250 cal classic all-beef frank served on a gluten-free roll

FRIED CHICKEN SANDWICH.......... \$7.09 | 440 cal

All items on this menu can be prepared without gluten upon request!

SIDES

SMALL FRY®	\$2.79 110 cel
LARGE FRY	\$3.79 160 cal

ALL DAY BREAKFAST

SANDWICHES breakfast sandwiches all served on a gluten-free bagel EGG & CHEESE 60 \$3.69 | 290 cal

SAUSAGE, EGG & CHEESE 6 \$4.69 | 470 cal BACON, EGG & CHEESE () \$4.69 | 350 call TURKEY SAUSAGE, EGG & CHEESE @ \$4.69 | 400 cal

crisgy cubed potatoes fried to perfection

VEGAN III 0

VEGAN SAUSAGE, EGG & CHEESE @ 0 \$6.19 | 290 cal IMPOSSIBLE BURGER # S1089 | 350 cal IMPOSSIBLE PICO BURGER II \$11.59 | 640 cal

plant-based patty topped with chipotle mayo, avocado, pico de gallo, and lettuce

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF YOU OR SOMEONE IN YOUR PARTY HAS A FOOD ALLERGY.

NON-GLUTEN CONTAINING MEALS ARE PREPARED IN A SEPARATE AREA OF OUR KITCHEN. THIS MAY RESULT IN LONGER WAIT TIMES. WE APPRECIATE YOUR UNDERSTANDING!





£110

hero coge-free eggs mode over easy, over hard, sunny-side up, or screenfield.

SIDES ***	
HOME FRIES @ 0	\$2.79 110 cal
BACON 0	\$2.99 [60 cal
SAUSAGE 0	52.79 180 cal
TURKEY SAUSAGE	\$2.79 80 cal

SANDWICHES

served on gluten-free bagel

EGG & CHEESE O	\$3.69 290 cal
BACON, EGG & CHEESE	\$4.69 350 cal
SAUSAGE, EGG & CHEESE	\$4.69 470 cal
TURKEY SAUSAGE, EGG & CHEESE 6	\$4.69 400 cal



ALL ITEMS ON THIS MENU CAN BE PREPARED WITHOUT GLUTEN UPON REQUEST!

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