

THE GRILL

STEAK & EGGS

\$9.99 | 860CAL

Eggs, Steak, Caramelized Onions, Cheddar Cheese and Rocky road Sauce in a Kaiser Roll

CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

CRUNCH WRAP

\$8.99 | 660CAL

Two eggs, Bacon, Hash Brown, Avocado spread & Pepper Jack Cheese in a tortilla

CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

EGG AVOCADO TOAST

\$7.99 | 450CAL

Scrambled eggs Guacamole, Bacon on a multigrain Bread

CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

EGGS CAPRESE

\$8.99 | 459CAL

Scrambled eggs, Fresh Mozzarella cheese, Tomato and Pesto sauce on a multigrain Bread

CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

SIDES:

Side of Breakfast Meat [2oz] \$2.39

Hash Brown [3oz] \$1.89 | 90cal

BUILD YOUR OWN BREAKFAST SANDWICH

\$3.99 | 380-525CAL

Two eggs any style, choice of cheese & bread

BREAD

Kaiser Roll | 230cal

Wrap | 203cal

Bagel | 285cal

CHEESE

American | 100cal

Swiss | 110cal

Provolone | 150cal

Pepper Jack | 100cal

MEAT [ADD \$2.39]

Sausage [2oz] | 190cal

Bacon [2 strips] | 60cal

Taylor Ham [2oz] | 140cal

SUBSTITUTION OF EGG WHITES \$2.19 | 80cal

PLEASE INFORM YOUR
SERVER OF ANY FOOD
ALLERGIES PRIOR TO
ORDERING

2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.

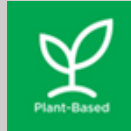


THE GRILL

BURGERS AND SANDWICHES

HAMBURGER brioche bun	\$8.99 674cal
BACON CHEESEBURGER brioche bun	\$9.99 834cal
GRILLED CHICKEN SANDWICH served on a brioche bun with your choice of cheese	\$9.49 590cal
AVOCADO CHICKEN SANDWICH served with low-fat avocado aioli on an 8 grain bun	\$9.99 330cal
BUFFALO CHICKEN SANDWICH served with grilled chicken, pepper jack & blue cheese dressing on a brioche bun	\$9.99 780cal
CRISPY CHICKEN SANDWICH Served on a brioche bun with Lettuce, pickles and Rocky sauce	\$9.99 460cal
TURKEY BURGER hand-formed turkey burger on an 8 grain bun	\$8.99 435cal
CHEESESTEAK with sautéed peppers, onions & chipotle mayo on a hoagie roll	\$10.99 875cal
BLT served with low-fat avocado aioli on a brioche bun	\$7.99 665cal
GRILLED CHEESE served on a brioche bun with your choice of cheese	\$7.99 565cal
CHICKEN TENDERS [4 tenders] tossed in your choice of regular, buffalo, or BBQ sauce	\$8.49 440cal

PLANT- BASED



BLACK BEAN & CHICKPEA BURGER served with low-fat avocado aioli on an 8 grain bun	\$8.49 435cal
IMPOSSIBLE BURGER served on an 8 grain bun	\$9.99 875cal
IMPOSSIBLE TENDERS [4 tenders]	\$8.99 360cal

SIDES

SWEET POTATO FRIES	\$3.99 420cal
HAND-CUT FRESH FRIES	\$2.99 285cal
PO'RIES tossed in roasted garlic, parmesan & parsley	\$3.99 355cal
BREADED WINGS [6ct] served with Blue cheese dressing	\$9.99 399cal
MOZZARELLA STICKS [6ct] served with marinara sauce	\$8.99 490cal
ADD AVOCADO MAYO	\$0.69 160cal

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LOCAL FRESH BAKED BAGELS

[RIDGEWOOD BAGELS SERVED ALL DAY]

ASSORTED BAGELS

\$1.99 | 285CAL

REGULAR CREAM CHEESE [2oz]

\$1.49 | 200CAL

LOW FAT CREAM CHEESE [2oz]

\$1.49 | 120CAL

VEGETABLE CREAM CHEESE [2oz]

\$1.69 | 160CAL

SCALLION CREAM CHEESE [2oz]

\$1.69 | 209CAL

BUTTER [2oz]

\$1.49 | 410CAL

CREAM CHEESE OF THE MONTH

JALAPENO CREAM CHEESE [2oz]

\$1.69 | 220CAL

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BUILD YOUR OWN SANDWICH

includes lettuce, tomato, onion

MEAT

6" | \$8.99 12" | \$10.99

FRESH ROASTED TURKEY | 80/160cal

TUNA SALAD | 430/860cal

CHICKEN SALAD | 430/860cal

HAM | 80/160cal

6" | \$9.69 12" | \$11.69

ROASTED CHICKEN | 90/140cal

CRISPY CHICKEN | 180/280cal

BREAD

SUB ROLL | 205/410cal

WRAP | 203cal

BAGEL | 285cal

FOCCACIA | 385cal

CHEESE

AMERICAN | 75cal

SWISS | 165cal

PROVOLONE | 225cal

PEPPER JACK | 150cal

CHEDDAR | 180Cal

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SPECIALTY SANDWICHES

6"

12"

CHICKEN PARM \$9.99 | 540CAL \$11.99 | 1080CAL

Crispy Chicken, Provolone Cheese and Marinara Sauce
CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

THE RAMAWRAP \$10.99 | 740CAL

Grilled Chicken, Crispy Bacon, Fresh Avocado, Cheddar Cheese and Mayo
CONTAINS: Milk, Wheat, Soy, Sesame and Gluten

CHICKPEA SALAD \$9.49 | 540CAL \$11.49 | 1080CAL

Chickpea salad, Lettuce and Tomatoes
CONTAINS: Wheat, Soy, Gluten and Gluten

CHICKEN MELT \$10.99 | 540CAL \$12.99 | 1080CAL

Chicken, Buffalo Sauce, Bacon, Ranch Pepper Jack
CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

6"

12"

THE ITALIAN \$9.99 | 540CAL \$11.99 | 1080CAL

Ham, Capicola, Salami, Provolone
CONTAINS: Milk, Eggs, Wheat, Soy and Gluten

AVOCADO CAPRESE \$10.99 | 540CAL \$12.99 | 1080CAL

Fresh Mozzarella, Avocado, Tomato and Pesto
CONTAINS: Milk, Wheat, Soy and Gluten

TURKEY PESTO \$9.99 | 540CAL \$11.99 | 1080CAL

Turkey, Fresh Mozzarella and Nut Free Pesto
CONTAINS: Milk, Wheat, Soy and Gluten

ROADRUNNER BTL \$9.99 | 540CAL \$1.99 | 1040CAL

Ham, Crispy Bacon, Lettuce, Tomato and Mayo
CONTAINS: Milk, Wheat, Soy, Sesame and Gluten

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BUILD YOUR OWN ENTREE

TAQUERIA

BURRITO 203CAL	Chicken al Pastor 55cal	\$10.99
THREE TACOS 220cal	Pollo Asado 204cal	\$10.49
BOWL	Ground Beef 220cal	\$11.49
QUESADILLA 220cal	Beef Birra 344cal	\$11.49
	Sofritos (Plant-based protein) 245cal	\$10.49

CHOOSE YOUR TOPPINGS

CILANTRO LIME RICE [4oz] 140CAL	FAJITA VEGGIES [2oz] 23CAL
SPANISH BROWN RICE [4oz] 140CAL	SOUR CREAM [2oz] 23CAL
BLACK OR PINTO BEANS [4oz] 50CAL	SALSA VERDE [1oz] 20CAL
CHEDDAR CHEESE [4oz] 140CAL	CHIPOTLE SALSA [1oz] 25CAL
ROASTED CORN [1oz] 30CAL	SALSA ROJA [1oz] 20CAL
SAUTEED ONIONS [1oz] 20CAL	PICO DE GALLO [1oz] 15CAL

SIDES & EXTRAS

GUACAMOLE [2oz] 80CAL	\$2.69	EXTRA MEAT [2oz]	\$3.19
CHIPS 540CAL	\$3.49	RICE & BEANS 695CAL	\$3.99

BOWLS

POLLO A LA DIABLA BOWL	\$10.69 435cal
Served with Chicken, Rice, Jalapenos, Pico and Chipotle sauce	
FAJITA BOWL	\$10.49 875cal
Served with Rice, Onions & Peppers, Corn Salsa, Beans and Guacamole	
POLLO RANCHERO BOWL	\$10.69 360cal
Served with Chicken, Rice, Salsa Verde, Onions & Peppers and Cheese	

NACHOS

Nachos con Carne	\$11.99 1020cal
Tortilla chips, Meat, beans, Cheese Sauce, Pico de Gallo, & Sour cream	
Nachos con Queso	\$10.49 885cal
Tortilla Chips, Beans, Cheese Sauce, Pico de Gallo, & Sour Cream	
Chips and Salsa	\$3.99 399cal
Tortilla chips and choice of Salsa	
Chips & Guacamole	\$5.99 770cal
Tortilla chips, Guacamole and choice of Salsa	

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FOOD ALLERGIES PRIOR TO ORDERING



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entrées

with your choice of veggie fried rice,
lo mein, brown rice, white rice

single entrée \$ 9.99

double entrée \$11.99

sub shrimp / beef \$ 1.99

sides:

brown rice 230 cal VG \$ 3.99

white rice 290 cal VG \$ 3.99

lo mein 270 cal V \$ 4.49

veggie fried rice 270 cal VG \$ 4.49



festival entrée
mid-autumn festival

Hibachi Cajun Shrimp

with Yum Yum sauce

160 cal

with your choice of veggie fried rice,
lo mein, brown rice, white rice

extras

crab Rangoon (4) 310 cal \$ 8.99

chicken skewers (2) 300 cal \$10.99

veggie egg roll 140 cal V \$ 2.49

chicken dumplings (2) 60 cal \$ 2.49

dessert

mini donuts \$ 3.49

dusted with cinnamon & sugar 510 cal

add chocolate drizzle plus 130 cal

featured entrées

with your choice of veggie fried rice,
lo mein, brown rice, white rice

General Tso's chicken 200 cal
tempura chicken with
broccoli florets

beef & broccoli 160 cal
stir-fried in a brown sauce

teriyaki chicken 190 cal
in a sweet savory sauce

flash fried tofu 150 cal VG
with red bell peppers &
onions in a savory sauce

firecracker shrimp 160 cal
sweet & tangy with bold heat

orange chicken 190 cal
sweet & tangy with sesame
seeds

V vegetarian

VG vegan

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Açaí Bowls

are at Taqueria



\$9.99

Top It Off!

Start with an açaí base

FRESH FRUITS

Strawberries • Blueberries • Bananas • Pineapple

CRUNCH & TEXTURE

Granola • Chia Seeds • Almonds • Toasted Coconut
granola may contain gluten & wheat

SWEET FINISHES

Chocolate Chips • Agave • Peanut Butter •
Nutella • Caramel