

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.

Breakfast May 12

Scrambled Eggs
180 cal | 4 OZ | \$0.78

HALAL

Allergens: egg, soy



Pancakes

310 cal | 2 EA | \$0.55

Allergens: milk, egg, soy, wheat, gluten



Bacon Slices

70 cal | 2 EA | \$0.60

Scrambled Egg
100 cal | 2 OZ | \$1.78

HALAL

Allergens: soy



Fried Tator Tots
250 cal | 4 OZ | \$0.94

HALAL

Allergens: soy



Pork Sausage Patty
170 cal | 1 EA | \$0.53

Turkey Sausage Links
90 cal | 2 EA | \$0.77

= vegan

= plant-based

= vegetarian

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Lunch May 12

Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Southwest Flank Steak

3 OZ | \$3.99

Baked Beans

130 cal | 4 OZ | \$0.65

Fried Plantain

150 cal | 3 OZ | \$0.54

VG

Empanada

4 OZ | \$1.25

Allergens: wheat, soy gluten

VG

VG = vegan **VP** = plantbased **V** = vegetarian

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Dinner May 12

Buffalo Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Shrimp Scampi

420 cal | 4 OZ | \$2.37

Allergens: milk, shellfish

Rosemary & Vegetable Orzo

110 cal | 4 OZ | \$0.87

HALAL

Allergens: milk, wheat, gluten



Vegetable Medley

3 OZ | \$1.22



Couscous Stuffed Sweet Potato

4 OZ | \$1.44

= vegan = plantbased = vegetarian



Slices May 12

If you have food allergies or dietary requirements, please contact the manager on duty or one of our Registered Dietitians.

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Cheese

Allergens: milk, wheat, soy, gluten, sesame

\$1.10

Pepperoni

Allergens: milk, wheat, soy, gluten, sesame

\$1.23

Plant Based Pizza

Allergens: wheat, soy, gluten, coconut, sesame

\$0.92

**Don't see this item available? Please ask your server!*

SLICES

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Sizzle May 12

Hamburger \$3.99

Allergens: egg

Cheeseburger \$4.19

Allergens: milk, egg

Beyond Burger® \$3.31

Allergens: egg, coconut

French Fries  \$0.42

Grilled Cheese Sandwich  \$1.41

Allergens: milk, egg, soy

Grilled Cheese Sandwich with Smoke Master Ham \$1.88

Allergens: milk, egg, soy

Sweet Potato Fries  \$1.28



GRILL + GRIDDLE

ALL ITEMS MADE WITHOUT GLUTEN

EXCLUSIVELY AT CIW

Chicken Tenders
\$3.38
HALAL

Consumer advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. We may experience substitutions of some of our food and beverage items, and therefore, nutrition and allergen information is subject to change.

 = Vegetarian  = Vegan  = Plant-Based

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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