

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 14

Scrambled Eggs
180 cal | 4 OZ | \$0.78
HALAL
Allergens: egg, soy



Buttermilk Pancakes
230 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



Hashbrown Patty
170 cal | 1 EA | \$0.33
HALAL



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 14

Fried Chicken

790 cal | 1 EA | \$3.15

Allergens: milk, egg, wheat, gluten

Cod

1 EA | \$3.68

Allergens: fish

Rice

4 OZ | \$0.27

VG

Roasted Vegetables

4 OZ | \$1.22

VG

Tofu

4 OZ | \$0.72

Allergens: soy

VG = vegan VP = plantbased V = vegetarian

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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



Sizzle May 14

SIZZLE

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.
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 = Vegetarian  = Vegan  = Plant-Based



Slices May 14

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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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



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

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

Allergens: egg, gluten, soy, wheat



Mindful



Vegan



Plant Based



Vegetarian