

# **MAIN MENU**

## **FALL 2025**



### **BREAKFAST HOURS**

Monday - Friday | 7:00 AM - 10:30 AM

### **LUNCH HOURS**

Monday - Friday | 11:00 a.m. - 2:30 p.m.

### **DINNER HOURS**

Everyday | 4:30 p.m. - 8:00 p.m.

### **BRUNCH HOURS**

Saturday - Sunday | 10:30 a.m. - 2:30 p.m.

Menu items may change based on product availability.  
Allergen information can be found at the order kiosk.

# FÖD BREAKFAST

## **BREAKFAST PLATTER**

served with Home Fries

**CHOOSE A EGG**

Scrambled Eggs | Fried Eggs | Cheesy Scrambled Eggs | Scrambled Egg Whites

**CHOOSE A PROTEIN**

Bacon | Pork Sausage | Turkey Sausage | Vegan Sausage

## **BREAKFAST SANDWICH**

choice of Bacon or Sausage with Fried Eggs and American Cheese on a Bagel  
served with Home Fries

## **PANCAKES PLATTER**

**CHOOSE A EGG**

Scrambled Eggs | Fried Eggs | Cheesy Scrambled Eggs | Scrambled Egg Whites

**CHOOSE A PROTEIN**

Bacon | Pork Sausage | Turkey Sausage | Vegan Sausage

## **FRENCH TOAST PLATTER**

**CHOOSE A EGG**

Scrambled Eggs | Fried Eggs | Cheesy Scrambled Eggs | Scrambled Egg Whites

**CHOOSE A PROTEIN**

Bacon | Pork Sausage | Turkey Sausage | Vegan Sausage

## **ROTATING SPECIALS**

### **STACK OF THE WEEK**

Weekly rotating Pancake, French Toast, or Waffle creation  
served with one side

### **PREMIUM BREAKFAST SANDWICH**

Rotating sandwich feature with creative toppings  
served with Home Fries

### **BREAKFAST BOWL OF THE WEEK**

Hearty bowl layered with Eggs, Meats, Veggies, and Cheese with rotating themes

# FÖD LUNCH

## **FOD CHICKEN TENDERS (Plain or Sauced)**

served with choice of Fries, Chips, or Veggie of the Day  
option for Tossed Chicken Tenders in Sauce of the Day  
option for Vegan Chick'n Nuggets

## **BUILD YOUR OWN BURGER**

served with choice of Fries, Chips, or Veggie of the Day  
option for Gluten-Free Bun

### **CHOOSE A PROTEIN**

Hamburger | Turkey Burger | Grilled Chicken | Impossible Burger (Plant-Based)

### **CHOOSE A CHEESE**

American Cheese | Cheddar Cheese | Swiss Cheese | Vegan Cheese

## **GRILLED CHEESE**

Triple Cheese on Grilled White Bread  
Option to add Bacon, Tomatoes, Caramelized Onions, and Avocados  
Option for Vegan Cheese

## **CHIPOTLE TURKEY AVOCADO SANDWICH**

Turkey, Provolone Cheese, Bacon, Avocados, Tomatoes, Onions, and Chipotle Mayo  
on a choice of Toasted Ciabatta Roll or Cold Ciabatta Roll  
option for Gluten-Free Roll

## **SOUTHWEST CHICKEN PRESS**

Grilled Chicken, Pepper Jack Cheese, Cherry Peppers, and Spicy Mayo pressed and toasted  
option for Gluten-Free Bun

## **CLASSIC CAESAR SALAD**

Romaine Lettuce, Parmesan Cheese, Croutons, and Caesar Dressing  
option for Grilled Chicken

## **ROTATING SPECIALS**

### **FLATBREAD OF THE WEEK**

Weekly rotating flavor  
option for Gluten-Free Cauliflower Crust

### **PASTA / MAC & CHEESE**

Weekly rotating Pasta or Mac & Cheese entrée  
served with a Breadstick  
option for Gluten-Free Pasta (when applicable)

### **BOWL OF THE WEEK**

Themed lunch bowl with customizable toppings

# FÖD DINNER

## GENERAL TSO'S CHICKEN

Crispy General Tso's Tempura Chicken, White Rice, and Broccoli  
option for Vegan Chick'n

## FOD CHICKEN TENDERS (Plain or Sauced)

served with choice of Fries or Veggie of the Day  
option for Tossed Chicken Tenders in Sauce of the Day  
option for Vegan Chick'n Tenders

## BUILD YOUR OWN BURGER

served with choice of Fries or Veggie of the Day  
option for Gluten-Free Bun

### CHOOSE A PROTEIN

Hamburger, Turkey Burger, Grilled Chicken, or Impossible Burger (Plant-Based)

### CHOOSE A CHEESE

American, Cheddar, Swiss, or Vegan Cheese

## GRILLED HOT DOGS

served with choice of Fries or Veggie of the Day

## CHIPOTLE CHICKEN QUESADILLA

Marinated Grilled Chicken, Monterey Jack Cheese, and Chipotle Crema  
served with choice of Fries or Veggie of the Day  
option for Gluten-Free Tortilla

## CHEESE QUESADILLA

Monterey Jack Cheese  
served with choice of Fries or Veggie of the Day  
option for Gluten-Free Tortilla  
option for Vegan Cheese

## ROTATING SPECIALS

### THE WEEKLY DILLA

Rotating Quesadilla feature with creative meat and veggie combos

### CRISPY CHICKEN SANDWICH OF THE WEEK

Rotating Chicken Sandwich or Wrap  
served with choice of Fries or Veggie of the Day

### COMPOSED PASTA OR BOWL

Weekly rotating Dinner Bowl or Pasta Entrée  
Vegan & Gluten-Free options available

### APPETIZERS

Rotating weekly chef's appetizers. Ask what's cooking!

# FÖD BRUNCH

## **MAPLE BLUEBERRY CHICKEN & WAFFLES**

Crispy Chicken Tenders, Belgian Waffle, Blueberry Compote, and Maple Syrup

## **SPICY BREAKFAST CURLY FRIES**

Curly Fries topped with Scrambled Eggs, Chorizo Sausage, Cheddar Cheese, Pico de Gallo, and Spicy Mayo  
Vegan option available

## **CINNAMON BANANA BREAD OATS**

Overnight Oats, Fresh Bananas, Granola, and Maple Whipped Cream

## **TOASTED COCONUT CRUNCH FRESH TOAST**

Coconut-Crusted Challah Bread, Apple Compote, Caramel Sauce, and Whipped Cream  
Gluten-Free option available

## **THE BRUNCH PRESS**

Bacon, Scrambled Eggs, American Cheese, Caramelized Onions, and Spicy Mayo  
pressed and toasted  
Gluten-Free option available

## **EGG OMELETS**

Cheese, Veggie, or "Omelet du Jour"  
served with Curly Fries, Home Fries, or Veggie of the Day

## **CLASSIC EGGS BENEDICT**

English Muffin, Canadian Bacon, Poached Eggs, and Hollandaise Sauce  
option for no English Muffin

## **CAJUN SALMON & GRITS**

Roasted Salmon, Cheesy Grits, and Sautéed Spinach

## **DAILY BRUNCH SPECIAL**

Rotating weekly chef's feature. Ask what's cooking!  
Vegan & Gluten-Free options available (when applicable)