

MAIN MENU

SPRING 2026



DOOR PRICES (WITHOUT A MEAL PLAN SWIPE)
Breakfast: \$11 | Lunch, Dinner, and Brunch: \$14

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

BREAKFAST

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

LUNCH

Monday - Friday | 11:00 AM - 2:30 PM

DINNER

Everyday | 4:30 PM - 8:00 PM

BRUNCH

Saturday - Sunday | 10:30 AM - 2:30 PM

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 special
served with one side

PREMIUM BREAKFAST SANDWICH

Rotating sandwich feature with various 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

LOADED GRILLED CHEESE

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

SPICY CAESAR CHICKEN PANINI

Grilled Chicken, Provolone & Parmesan Cheese, and Spicy Caesar Dressing on a Griddled Ciabatta Roll
served with choice of Fries, Chips or Veggie of the Day
option for Gluten-Free Bread

TURKEY & SWISS SANDWICH

Turkey, Swiss Cheese, Pickles, Dijon Mustard, and Mayo
on a choice of Toasted Rye Bread or Untoasted Rye Bread
option for Gluten-Free Bread

CHICKEN BACON RANCH CHOPPED SALAD

Romaine Lettuce, Parmesan Cheese, Croutons, and Caesar Dressing
option for Grilled Chicken or Crispy Chicken
option for no meat (Vegan)

ROTATING SPECIALS

FLATBREAD OF THE WEEK

Weekly rotating specialty Flatbread
option for Cauliflower Crust Flatbread (Gluten-Free)

PASTA OR MAC & CHEESE OF THE WEEK

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

BOWL OF THE WEEK

Weekly rotating specialty Bowl with customizable toppings and mix-ins

FÖD DINNER

FOD CHICKEN WINGS

served with Wing Sauce of the Week and choice of Fries or Veggie of the Day
option for Vegan Chick'n Nuggets

ORANGE SESAME CHICKEN & RICE

Tempura Chicken Thighs tossed in Orange Sauce and Sesame Seeds
served with White Rice and Steamed Broccoli
option for Vegan Chick'n

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

HONEY SRIRACHA CHICKEN QUESADILLAS

Pulled Chicken, Honey Sriracha Crema, Monterey Jack Cheese, and Mango Pineapple Salsa
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

QUESADILLA OF THE WEEK

Weekly rotating specialty Quesadilla

CRISPY CHICKEN SANDWICH OF THE WEEK

Weekly rotating specialty Chicken Sandwich or Wrap
served with choice of Fries or Veggie of the Day

PASTA OR BOWL OF THE WEEK

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

APPETIZERS OF THE WEEK

FÖD BRUNCH

FRIED CHICKEN & WAFFLES

Crispy Chicken Tenders, Belgian Waffles, Blueberries, Lemon Poppy Seed Butter, and Maple Syrup

LOADED BREAKFAST WAFFLE FRIES

Waffle Fries, Scrambled Eggs, Bacon, Queso, Sour Cream, and Scallions

CHOCOLATE BANANA OVERNIGHT OATS

Cocoa Banana Overnight Oats, Sliced Bananas, Granola, and Mini Chocolate Chips

BREAKFAST TACOS

2 Flour Tortillas filled with Scrambled Eggs, Bacon, Cheddar Cheese, and Hollandaise Sauce
Gluten-Free option available

EGG OMELETS

Cheese Omelet, Veggie Omelet, or Omelet du Jour
served with Curly Fries, Home Fries or Veggie of the Day
option for Egg Whites
Vegan option available

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

BLACKENED FISH PO' BOY SANDWICH

Blackened Red's Best® Catch of the Day, French Roll, Cajun Remoulade, Lettuce, Tomatoes, and Pickles
Served with a side
option for Gluten-Free Bread

SMOKED GOUDA MAC & CHEESE

Macaroni Pasta and Smoked Gouda Cheese Sauce
option to add Bacon or Crispy Chicken

ROTATING SPECIALS

 [**SPECIALS MENU**](#)

OMELET DU JOUR

Rotating specialty Omelet of the weekend

WEEKEND BUNCH SPECIAL

Rotating specialty Omelet of the weekend
Vegan & Gluten-Free options available (when applicable)