

MAIN MENU

FALL 2025



BREAKFAST HOURS

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

LUNCH HOURS

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

DINNER HOURS

Everyday | 4:30 PM - 8:00 PM

BRUNCH HOURS

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

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 **SPECIALS MENU**

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

CRISPY BBQ CHICKEN MELT

Crispy BBQ Chicken, Cheddar Cheese, Bacon, Ranch, griddled and pressed on White Bread
served with choice of Fries, Chips or Veggie of the Day
option for Gluten-Free Bun

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

CLASSIC CAESAR SALAD

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

ROTATING SPECIALS

 [**SPECIALS MENU**](#)

FLATBREAD OF THE WEEK

Weekly rotating specialty Flatbread
option for Cauliflower 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

CHICKEN PARM PASTA ALLA VODKA

Crispy Chicken, Mozzarella Cheese, and Pasta tossed in Vodka Sauce
served with a Breadstick

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

 [**SPECIALS MENU**](#)

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

PUMPKIN SPICE CHICKEN & WAFFLES

Crispy Chicken Tenders on a Cinnamon Sugar Belgian Waffle topped with Pumpkin Spice Butter and Caramel

BREAKFAST CURLY FRIES

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

CINNAMON APPLE CRISP OVERNIGHT OATS

Cinnamon Overnight Oats topped with an Apple Compote, Granola, and Cinnamon Whipped Cream

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

LEMON GARLIC SHRIMP PASTA

Pasta tossed in a Lemon Garlic Sauce with Shrimp and Broccoli
Served with a Breadstick
option for Gluten-Free Pasta

JERK SALMON

Jerk Roasted Salmon with Caribbean Rice, Beans, and Mango Pineapple Salsa

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)