

Burgers & Sandwiches

Choice of wheat bun, gluten free bun, or no bun

	No Bun (cal)	Wheat Bun (cal)	Gluten Free Bun (cal)	
Hamburger 	400	570	590	\$6.09
Cheeseburger (choice of cheese) 	450	620	640	\$7.19
Classic Grilled Chicken 	300	470	490	\$6.69
Impossible Black Bean Burger  	310	480	500	\$6.49
Extra Beef Patty	250			\$2.89
Add Bacon	35			\$1.49

Toppings – Select Up to 3

Leaf Lettuce	0 cal		2 slices
Slice Tomato	5 cal		2 slices
Dill Pickle Chips	0 cal		2 slices
Red Onions	0 cal		2 slices

Add Cheese – Select 1

American Cheese	90 cal		2 slices
Provolone Cheese	100 cal		2 slices
Pepperjack Cheese	110 cal		2 slices



mindful



vegetarian



vegan



plant based

2000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

GRILLED



Spreads – Select Up to 3

Ketchup	20 cal		1 Tbsp
Yellow Mustard	10 cal		1 Tbsp
Mayonnaise	100 cal		1 Tbsp
Ranch Dressing	60 cal		1 Tbsp
Honey Mustard Dressing	270 cal		1 Tbsp

Sides – Select 1

French Fries	300 cal		\$2.49
Coleslaw	190 cal		\$2.19
Whole Fruit	100 cal		\$2.19
Cookie	100 cal		\$2.19
1oz Bag of Chips	100 cal		\$2.19

Beverages

Fountain Drink	100 cal	\$1.99
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Make it a Meal Swipe

1 Burger or Sandwich + 1 Side + a Fountain Drink

Quesadillas

Flour Tortilla
(cal)

Cheese Quesadilla
Shredded cheddar jack cheese

800 cal

VG

\$5.29



Chicken Quesadilla
*Shredded cheddar jack cheese,
shredded chicken*

900 cal

\$7.59

Condiments – Included with Quesadillas

Sour Cream

60 cal

VG

1 each

Pico de Gallo

15 cal

VG

1 each

Beverages

Fountain Drink

100 cal

\$1.99



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Make it a Meal Swipe



1 Cheese Quesadilla + 1 Fountain Drink