



BREAKFAST

Cereal Cup 240-290 cal	\$1.32
Bagel 290-460 cal	\$0.75
Bagel with Cream Cheese 360-530 cal	\$1.24
Egg & Cheese Breakfast Sandwich 410 cal	\$2.99
Meat, Egg & Cheese Breakfast Sandwich 320-620 cal	\$3.49

SANDWICHES

Served on your choice of bread. Gluten-free bread available upon request

Egg Salad 280-360 cal	\$1.99
Chicken Salad 560-640 cal	\$2.38
Turkey & Cheddar 330-410 cal	\$2.47
Grilled Cheese 550-630 cal	\$1.69

QUESADILLAS

Chicken Quesadilla 950 cal	\$3.47
Cheese Quesadilla 1,100 cal	\$1.73
Bu~ alo Chicken Quesadilla 870 cal	\$3.69
Vegetable Quesadilla 790 cal	\$3.20

ARTISAN WHEAT PIZZAS*

All served with mixed greens side salad

Cheese 370 cal	\$1.72
Roasted Vegetable 410 cal	\$2.46
Pesto Chicken 510 cal	\$3.44

SALADS*

Caesar Salad 70 cal	\$2.00
Chicken Caesar Salad 160 cal	\$2.94
Chef Salad 240 cal	\$2.86
Southwestern Chicken Salad 470 cal	\$2.83
Quinoa Salad 230 cal	\$2.13
Grilled Chicken Salad 470 cal	\$3.52

*Nutritionals calculated without dressing.

Consumer advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. 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.

SNACKS

Hard Boiled Egg Cup	\$0.96
140 cal	
Boar's Head Hummus & Pretzel Cup	\$2.99
250-270 cal	
Fresh Fruit Cup	\$3.99
45 cal	
Banana	\$0.48
110 cal	
Apple	\$0.65
90 cal	
Orange	\$0.69
60 cal	
Boar's Head Pickle	\$0.90
5 cal	
Cookie	\$1.00
460-580 cal	

BEVERAGES

Bottled Water	\$3.19
0 cal	
Bottled Soda	\$2.69
0-240 cal	
16 oz. Fountain Soda	\$1.19
270-350 cal	
20 oz. Fountain Soda	\$1.49
380-460 cal	
Bottled Milk	\$1.99
120-340 cal	
Gatorade	\$2.99
5-140 cal	
Co~ ee	\$0.38
0 cal	
Tea	\$0.06
0 cal	
Cup of Soup	\$1.06
70-400 cal	

BUILD YOUR OWN SMOOTHIE

See smoothie menu for flavor options

Smoothie	\$2.92
+ with Single Boost of Protein	\$3.90
+ with Double Boost of Protein	\$4.88



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