



Breads

White Bread
(Contains wheat, gluten, *)

Wheat Bread
(Contains wheat, gluten, *)

Marble Rye Bread
(Contains wheat, gluten, *)

Multi-Grain Bread
(Contains wheat, gluten, sesame, *)

Gluten Free Bread
Gluten Free Roll
(Contains egg)

cal

160 Regular Flour, Wheat & Spinach
(Contains wheat, gluten, *)

130 Wheat Bulkie Roll
(Contains: wheat, gluten, *)

180 White Bulkie Roll
(Contains: wheat, gluten, *)

130 French Bread
(Contains: wheat, gluten, sesame, *)

160 Gluten-Free Wrap
(Contains soybean)

cal

280

170

170

185

250

\$8.50

Spreads

Mayonnaise
(Contains egg, *)

Yellow or Dijon Mustard

Honey Mustard Dressing
(Contains egg, *)

Classic Hummus
(Contains sesame, *)

Caesar Dressing
(Contains: milk, egg, fin fish, *)

cal

90 Chipotle Mayonnaise
(Contains egg, *)

10 Sriracha or Buffalo

90 Ranch Dressing
(Contains egg, milk, soybean)

35 Blue Cheese Dressing
(Contains: milk, egg, sesame, *)

100 Ketchup

cal

110

90

45

130

15

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

(*) = soybean oil



Protein

Roasted Turkey

cal

80

Smoked Ham

95

Cold Crispy Chicken Fillet
(Contains egg, wheat,
gluten, milk, *)

390

Genoa Salami

320

Tuna Salad
(Contains fin fish, egg, *)

280

Balsamic Grilled Chicken
(Contains soybean)



Roast Beef

cal

140

75

Chicken Salad
(Contains egg, *)

370

Toppings

cal

Green Leaf Lettuce

0

Tomato

5

Fresh Cucumbers

0

Mild Sliced Banana Peppers

10

*2 slices Bacon +\$1.90

Dill Pickle Chips

60

Sliced Red Onions

5

Cheese 2 Slices 100 – 110 cal

Plant Base Fillings

cal

Balsamic Roasted Vegetables
(*)

45

Cheddar – Swiss – Provolone
American Cheese – Pepper Jack
(Contains milk)

Extra Cheese \$0.65

\$8.50

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Any of these
sandwiches
can be made
with GF Bread,
Bun or Wrap



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request.

\$9.99

Horseradish Beef & Cheddar Sub

roasted beef, cheddar, shredded lettuce,
tomato drizzled with horseradish mayo on
sub roll

contains wheat, gluten, fin fish, milk, egg,
soy, mustard

\$8.99

Turkey Rachel

Turkey, Swiss, coleslaw, with thousand
island toasted on marble rye

contains milk, gluten, wheat

\$8.49

Bentley BLT Club

Turkey, bacon, lettuce, tomato, avocado
with chipotle mayo on wheat bread

contains gluten, wheat, milk, egg



Plain Cheeseburger \$9.65

contains gluten, wheat, milk

Plain Hamburger \$9.65

contains gluten, wheat

Plain Impossible Burger \$10.69

contains gluten, wheat, soy

Plain Fried Chicken Sandwich \$9.09

contains gluten, wheat, milk

Chicken Broccoli Pesto Alfredo \$10.15

Chicken & Broccoli in a pesto alfredo,
topped with mozzarella cheese

contains gluten, wheat, milk, egg

Simply Pasta & Sauce \$8.05

Spaghetti & Marinara

contains gluten, wheat



Plain Cheeseburger \$9.65
contains gluten, wheat, milk

Plain Hamburger \$9.65
contains gluten, wheat

Plain Impossible Burger \$10.69
contains gluten, wheat, soy

Plain Turkey Burger \$9.09
contains gluten, wheat

White Veggie Lasagna \$10.15
Layers of squash, carrots, onions, ricotta
& alfredo
contains gluten, wheat, milk, egg

Swedish Meatballs w/ Wheat Penne \$10.15

All beef meatballs tossed in a creamy Swedish
sauce with wheat penne pasta
contains gluten, wheat, soy, milk



Plain Cheeseburger \$9.65
contains gluten, wheat, milk

Plain Hamburger \$9.65
contains gluten, wheat

Plain Impossible Burger \$10.69
contains gluten, wheat, soy

Plain Turkey Burger \$9.09
contains gluten, wheat

Cowboy Mac N Cheese \$10.15
Cheddar cheese sauce, cavatappi pasta
with pulled pork BBQ Sauce drizzle and crispy fried onions
contains gluten, wheat, milk, egg, pork

Pasta Primavera \$9.05
Roasted Veggies tossed in marinara sauce w/Spaghetti
contains gluten, wheat



Plain Cheeseburger \$9.65
contains gluten, wheat, milk

Plain Hamburger \$9.65
contains gluten, wheat

Plain Impossible Burger \$10.69
contains gluten, wheat, soy


Plain Fried Chicken Sandwich \$9.09
contains gluten, wheat, milk

Simply Pasta & Sauce \$8.05
Penna Pasta and Alfredo
contains gluten, wheat, soy, milk

Spaghetti & Meatballs \$10.15
Spaghetti & Beef meatballs in Sal's Marinara
contains gluten, wheat, milk



Sandwiches

		cal
Beef Burger <i>(Contains wheat, gluten, soybean)</i>	\$9.65	310
Turkey Burger <i>(Contains wheat, gluten, soybean)</i>	\$9.09	280
Balsamic Grilled Chicken Sandwich  <i>(Contains wheat, gluten, soybean)</i>	\$9.09	290
Crispy Chicken Sandwich <i>(Contains egg, wheat, gluten, soybean)</i>	\$9.09	410
Veggie Burgers Malibu Burger or Black Bean <i>(Contains gluten, wheat, soybean)</i>	\$7.59	310
IMPOSSIBLE® Burger <i>(Contains wheat, gluten, soybean)</i>	\$10.69	370
Grilled Cheese on Thick Cut Sourdough <i>(Contains wheat, gluten, milk)</i>	\$5.35	300

Sandwiches include 1 slice of cheese, *extra cheese is \$.65*

**Items in yellow are not
available with Meal Trade*

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*Before placing your order, please inform your server if anyone in your party has a food allergy.

GRILLED

EXPRESS



Chicken Tenders

Southern Crispy Chicken Tenders & Fries

(Contains egg, wheat, soybean, gluten)

***Southern Crispy Chicken Tenders**

(Contains egg, wheat, gluten, soybean)

Sides

V

***Onion Rings**

(Contains milk, egg, wheat, soybean, gluten)

Tater Tots

(Contains soybean, milk, wheat, gluten)

French Fries

(Contains soybean)

Side Salad

Toppings

V

cal

Dill Pickle Chips

0

Red Onions

0

Sauteed Onions

Sauteed Mushroom

cal

3

\$8.55

540

5

\$11.25

570

cal

\$4.25

350

\$3.75

200

\$3.75

200

\$4.49

50

cal

0

0

Spreads

Ketchup

VG

Mustard

VG

BBQ Sauce

(Contains soybean)

Sriracha

VG

cal

15

Mayonnaise

V

(Contains egg, soybean)

10

Chipotle Mayonnaise

V

(Contains egg, soybean)

40

Honey Mustard Dressing

V

(Contains egg, soybean)

15

Buffalo Sauce

VG

cal

90

110

70

23

Add-ons

Extra Cheese (1 slice)

(Contains milk)

V

American, Cheddar, Pepper Jack, Swiss or Provolone

\$.65

***Bacon – 2 slices**

\$ 1.90

***Smashed Avocado- 2oz**

V

\$ 1.90

***Beef Patty**

\$ 4.29

***Grilled Chicken Breast**

\$ 4.29

cal

60 -

80

60

250

140

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Daily Specials

Hot Buffalo Chicken Wrap

ranch, shredded carrots, lettuce, blue cheese crumbles

contains wheat, gluten, milk, egg, soybean

\$9.65



Cheese Quesadilla

peppers & cheese

[sour cream & salsa]

contains milk, gluten, wheat

\$8.55



Double Cheeseburger

onions, pickles, mayo & ketchup

contains gluten, wheat, milk

\$11.99

for purchase with cash, credit, debit, falcon funds or discretionary **not available for meal trade**



menu

build your own.....\$10.15
all veggie pasta.....\$9.05
simply sauce & pasta.....\$8.05

BUILD YOUR OWN BAKED PASTA

pick our pasta (pick 1)

cavatappi.....170 cal
gluten free pasta....170 cal

pick your sauce (pick 1)

marinara.....40 cal
pesto cream contains milk.....240 cal
cheddar contains milk.....200 cal
alfredo contains milk.....200 cal

pick your veggies (pick 3)

broccoli.....10 cal
roasted green peppers.....20 cal
roasted red peppers.....20 cal
roasted red onions.....20 cal
mushrooms.....20 cal
kalamata olives.....61 cal

pick your protein (pick 1)

grilled chicken.....240 cal
contains soybean oil
fried chicken.....410 cal
contains egg, wheat, gluten and milk
meatballs.....280 cal
contains wheat, gluten, soybean and milk
shrimp.....100 cal
contains shellfish



Mindful



Vegan



Vegetarian



Plant Based



Halal

2,000 CALORIES A DAY

is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

BEFORE PLACING YOUR ORDER

Please inform your server if a person in your party has a food allergy. Any consumption of uncooked meat, poultry, egg or seafood greatly increases the risk of food borne illness.



menu

DAILY BAKED PASTA SPECIALS \$10.15



chicken broccoli alfredo

grilled chicken, steamed broccoli, mozzarella, alfredo

contains milk, soy, wheat and gluten



eggplant parm

fried eggplant with provolone, mozzarella and sals marinara

contains milk, soy, wheat and gluten

buffalo chicken mac

fried buffalo chicken, bacon bits, cheddar sauce, buffalo sauce

drizzle and blue cheese crumbles

contains milk, soy, wheat and gluten

all pastas come with a complementary
garlic knot.

please notify your server if you do not
want one.



Mindful



Vegan



Vegetarian



Plant Based



Halal

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Greens:

VG Spring Mix 15 Cal.

VG Arugula 20 Cal.

VG Romaine 20 Cal.

VG Spinach 20 Cal.

Proteins: Pick 1:

VG Tofu (Contains Soy) 50 Cal.

Steak 100 Cal.

 **Balsamic Chicken** (*) 70 Cal.

V Hard Boiled Eggs (Contains Egg) 80 Cal.

Extra \$2

Cheese: Pick 1:

(contains milk)

V Feta 35 Cal.

V Blue Cheese Crumbles 30 Cal.

V Shredded Parmesan 20 Cal.

Fillers & Veggies Pick 3:

VG Farro (Contains Wheat, Gluten) 100 Cal.

VG Quinoa 70 Cal

VG Roasted Beets 35 Cal.

VG Roasted Carrots & Parsnips 9 Cal.

VG Roasted Cauliflower 25 Cal.

VG Roasted Sweet Potato 49 Cal.

VG Roasted Mushroom 27 Cal.

VG Roasted Corn 90 Cal.

VG Grape Tomato 10 Cal.

VG Broccoli 19 Cal.

VG Shredded Carrots 24 Cal.

VG Fresh Peppers 22 Cal.

VG Sliced Cucumber 16 Cal.

VG Black Beans 70 Cal.

VG Kalamata Olives 61 Cal.

VG Avocado 100 Cal.

VG Garbanzo Beans 100 Cal.

VG Red Onion 35 Cal.

Dressings Pick 1:

V Honey Dijon (Contains Egg, *) 1oz. 130 Cal.

V Greek/Feta (Contains Milk, *) 1oz. 100 Cal.

VG Italian (*) 1oz. 50 Cal.

V Balsamic (*) 1oz. 110 Cal.

V Ranch (Contains Milk, Egg, Soybean, *) 1oz. 100 Cal.

V Blue Cheese (Contains: Egg, Milk, Sesame, *) 1oz. 130 Cal.

Creamy Caesar (Contains: Fin fish, Egg, Milk, *) 1oz 130 Cal.

VG Balsamic Vinegar 1 oz. 20. Cal

VG Extra Virgin Olive Oil 1 oz. 120 Cal.

VG Lemon Juice 1 oz. 7 Cal.

Other Toppings Pick 1:

Bacon Bits 80 Cal.

VG Pepitas 126 Cal.

VG Sunflower Seeds 170 Cal

VG Dried Cranberries 60 Cal.

V Croutons (Contain wheat, gluten, *, milk) 200 Cal.

Blue indicates Mindful
criteria



\$9.65 BYO

\$8.49 Veggies

\$4.49 Side Garden

\$4.49 Side Caesar Salad

\$1.15 Extra toppings

\$1.69 Extra Protein

(*)= Soybean Oil

Extra \$1.17

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Raw or Undercooked Products

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Food Allergies

Food products may contain or come in contact with allergens such as dairy, eggs, wheat, soy, nuts, shellfish, or gluten. We encourage guests with severe allergies or dietary restrictions to inform our staff before placing an order.

BOWLFUL



The Greek \$9.09

- VG** Romaine Lettuce 20 Cal.
- VG** Fresh Peppers 10 Cal.
- V** Feta Cheese 35 Cal. *contains milk*
- VG** Tomatoes 10 Cal.
- VG** Red Onions 16 Cal.
- VG** Cucumber 16 Cal.
- VG** Kalamata Olives 61 Cal.
- VG** Oil & Lemon Juice 2 oz, 127 Cal.
- VG** Sprinkle of Dried Oregano

Korean Steak Caesar \$9.50

- Grilled Steak 100 Cal.
- VG** Romaine Lettuce 20 Cal.
- V** Parmesan Cheese 35 Cal. *contains milk*
- VG** Tomatoes 10 Cal.
- VG** Cannellini Beans 16 Cal.
- Gochujang Caesar Dressing
Contains Fish [Anchovy] Egg, Milk, Wheat, Gluten 1oz 130 Cal.

Roasted Roots \$10.99

- VG** Arugula 20 Cal.
- VG** Roasted Parsnips & Carrots 35 Cal.
- VG** Roasted Sweet Potato 49 Cal.
- VG** Roasted Beets 35 Cal.
- VG** Scoop of Hummus 2oz. 148 Cal.
Contains sesame
- V** Quinoa 70 Cal.
- VG** Falafel
- VG** Roasted Butternut Squash 65 Cal.

\$9.65 BYO

\$8.49 Veggies

\$4.49 Side Garden

\$4.49 Side Caesar Salad

\$1.15 Extra toppings

\$1.69 Extra Protein

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TURBO SUBS

Items below are not meal trade and can be purchased by using cash, credit, falcon funds and discretionary funds

Caprese Sub

V

\$9.40 | 520 cal

Fresh mozzarella cheese, spinach, tomato, pesto sauce
(Contains wheat, gluten, milk, sesame, may contain tree nuts)

Turkey Florentine Sub

\$9.59 | 520 cal

Roast turkey, melted Swiss cheese, fresh spinach and honey mustard
(Contains wheat, gluten, milk, egg, soybean, sesame)

Chicken Pesto Sub

\$9.65 | 560 cal

Grilled chicken, fresh mozzarella, spinach, roasted red pepper and basil pesto
(Contains wheat, gluten, milk, sesame, may contain tree nuts)

Chicken Parmesan Sub

\$9.65 | 610 cal

Crispy fried chicken, provolone cheese and, marinara sauce
(Contains wheat, gluten, milk, egg, soybean, sesame)

Substitute with Breaded Eggplant for a vegetarian option!

Classic Sub

\$9.65 | 450 cal

Shaved ham and turkey, Swiss cheese, honey mustard and plum tomato
(Contains wheat, gluten, milk, egg, soybean, sesame)

Steak & Cheese

\$10.35 | 680 cal

Sauteed shaved steak with peppers, onions, mushrooms and provolone cheese
(Contains wheat, gluten, milk, soybean, sesame)

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*GF bread is available (contains egg)

TURBO SUBS

Meal Trade Favorites

Chicken Parmesan Sub

\$8.05 | 610 cal

Crispy fried chicken, provolone cheese and, marinara sauce
(Contains wheat, gluten, milk, egg, soybean, sesame)

Eggplant Parmesan Sub

\$8.05 | 510 cal

Breaded Eggplant, provolone cheese and, marinara sauce
(Contains wheat, gluten, milk, egg, soybean, sesame)

Steak & Cheese

\$8.55 | 680 cal

Sauteed shaved steak with peppers, onions, mushrooms and provolone cheese
(Contains wheat, gluten, milk, soybean, sesame)

Meal Trade Meal:

1 Sub

1 Fountain Drink

**1 Side [Chips or Side Salad, Pasta or
Potato Salad]**

Cookie or Fruit

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