### HOME

**Breakfast**  
Scrambled Eggs (E), Shredded Hash Browns, Turkey Sausage and Pork Bacon  
[calories 60 - 660]

**Dinner**  
Chicken Tenders (W,S), Waffles (M,W,S,E,T) (Coconut), Peas and Carrots,  
Steamed Broccoli Florets and Syrup [calories 60-690]

### TRANSFORMATION

**Lunch/Dinner**  
Mac & Cheese Bar with assorted toppings [calories 285-890]

### VEGAN

**Breakfast**  
Available Upon Request - Sweet Potato Tofu Hash, Breakfast Burrito (S), Breakfast Sandwich (S, W), Breakfast Sausage (S, W) [calories 140-1190]

**Lunch**  
Texas Mushroom Chili, Jasmine Rice and Turmeric Cauliflower [calories 50–560]

**Dinner**  
Lentil Falafel Bowl, Fassolakia Lathera Green Beans [calories 70-460]

### GLUTEN SOLUTION

**Lunch**  
Pork Carnitas, Cilantro Lime Rice, Roasted Butternut Squash with Chipotle and, Fire Roasted Corn and Peppers (S) [calories 50 – 560]

**Dinner**  
Roasted Orange Balsamic Chicken (S), Brown and Wild Rice Piaf with Apple Cider and Cranberries, Roasted Garlic Broccolini and Braised Red Cabbage [calories 5–795]

### GRILL

**Breakfast**  
Made to Order - Pancakes (E, S, M, W), French Toast (E, S, M, W), Biscuits (M, E, S, W) and Sausage Gravy (W, M) [calories 80-800]

**Lunch**  
Buffalo Chicken Nuggets (S,W) or Hamburger with Cheddar Cheese (M,S,W) and Waffle Fries [calories 210-660]

**Dinner**  
BBQ Pork Sandwich with Coleslaw (W,S) or Turkey Burger (W,S), Sweet Potato Fries  
[calories 290–850]

Available upon request - Incogmeato Burger (W,S) or Veggie Burger (W,S)  
[calories 220-280]

### PIZZA

**Lunch/Dinner**  
Cheese, Pepperoni, Veggie, Sausage, BBQ Chicken (M, S, W), Caesar Salad (M,W,S,E,F) (Anchovies) [calories 165-210]

W – Contains Wheat  
M – Contains Milk  
SF – Contains Shellfish  
S – Contains Soy  
P – Contains Peanuts  
E – Contains Eggs  
T – Contains Tree Nuts  
SS – Contains Sesame  
F – Contains Fish

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request.

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