Breakfast
Scrambled Eggs (E), Breakfast Spiced Diced Potatoes, Pork Sausage and Turkey Bacon [calories 60 - 575]

Dinner
Rosemary & Sage Pork Loin (S), Herb Pasta (W), Peas and Carrots and Spiced Green Beans [calories 40-600]

TRANSFORMATION

Lunch/Dinner
Taco Bar with assorted toppings [calories 145-835]

VEGAN

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

Lunch
Vegan Chicken Souvlaki (S,W), Pita Bread (W), Mediterranean Roasted Vegetables, Vegan Mayo and Lemon and Herb Rice [calories 140-1190]

Dinner
Lentil Bolognese (T, Walnuts), Spaghetti (W), Roasted Garlic Broccolini, Eggplant Caponata and Pico de Gallo [calories 80-870]

GLUTEN SOLUTION

Lunch
Chicken Pad Thai (S,E) and Seasoned Stir Fry Vegetables (S) [calories 130-450]

Dinner
Roasted Spiced Cod (F), Roasted Potatoes with Lemon Vinaigrette (S), Blistered Green Beans with Garlic (S), Honey Glazed Carrots (M) and Pico de Gallo [calories 60–600]

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
Chicken Caesar Sandwich (S,M,W,E), Grilled Cheese with Bacon (W,S,M) and Curly Fries (W,S) [calories 160-960]

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

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.