TUESDAY

Menus subject to change.

HOME

Breakfast
Scrambled Eggs (E), Tater Tots (S), Pork Sausage, Turkey Bacon [calories 60 - 870]

Dinner
Chicken Tinga, Brown Spanish Rice, Roasted Zucchini with Cojita and Cilantro (M), Fire Roasted Sweet Corn and Peppers (S) [calories 80-600]

TRANSFORMATION

Lunch/Dinner
Gyro Bar with assorted toppings [calories 440-775]

VEGAN

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

Lunch
Black Bean Bowl and Seasoned Vegan Chicken (S,W) [calories 110-190] 495° Portabella

Dinner
Poutine (S,W), Steamed Spiced Broccoli [calories 40-435]

GLUTEN SOLUTION

Lunch
Grilled BBQ Chicken Thighs (S), BBQ Baked Beans (F), Slow Cooked Collard Greens and Spiced Green Beans [calories 35 – 585]

Dinner
Pot Roast, Herb Mashed Potatoes (M), Honey Glazed Carrots (M), and Gravy [calories 5–355]

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
Grilled Chicken Sandwich (S,W,M) or BBQ Pork Sandwich with Coleslaw (S,W) or Shoestring Fries (S,W) [calories 170-1330]

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
SS – Contains Sesame
E – Contains Eggs
T – Contains Tree Nuts
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.