



Lunch Menu



Sunday
<u>Grill Works</u>
Cuban Pulled Pork Sandwich (GF)(DF) 499 Calories Potato Chips 150 Cal, 1oz Mixed Vegetables (GF)(Vegan) 50 Cal, 4oz Winter Blend 30 Cal, 1 Cup
<u>Pizza/Al Dente's</u>
Tuna Noodle Casserole 349 Cal, 1 Cup
<u>Comfort Zone</u>
Pancakes 115 Cal. Each Syrup 100 Cal, 2T Scrambled Eggs 70 Cal, 3T Ham Steaks (GF)(DF) 80 Cal, 3oz Tri-Tater (GF)(DF) 100 Cal, Ea.
<u>Herbs Garden</u>
Vegan Stuffed Peppers (GF) 170.9 Cal, 4oz
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea

Monday
<u>Grill Works</u>
Buffalo Poppers 288.4 Calories, 5 oz Sour Cream & Onion Chips 150 Cal, 1oz
<u>Pizza/Al Dente's</u>
Oven Roasted Vegetables Pasta with Garlic White Wine Sauce (VG) 401 Cal, 8oz Grilled Rosemary Chicken Breast (GF)(DF)(BW) 252 Cal, Ea.
<u>Comfort Zone</u>
Wasabi 825.8 Cal, Ea. With all options
<u>Herbs Garden</u>
Briam (Greek Roasted Zucchini & Potatoes) (GF)(VG)(BW) 533 Cal, 6oz
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea

Tuesday
<u>Grill Works</u>
Reuben Sandwich 501.1 Calories French Fries 110 Cal, 3oz
<u>Pizza/Al Dente's</u>
Pepperoni & Mushroom 402.1 Cal, Slice Cheese Pizza 297.3 Cal, Slice
<u>Comfort Zone</u>
Chicken Andouille Gumbo (GF)(DF) 782 Cal, 4oz Corn Muffins 259.1 Cal, 1 ea. Fried Okra 100 Cal, ¼ Cup Collard greens 70 Cal, 3T
<u>Herbs Garden</u>
Vegan Gumbo 389 Cal, 8oz
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea

Wednesday
<u>Grill Works</u>
Honey BBQ Chicken Drumstick (GF)(DF) 554.6 Cal. 2 ea. Creamy Coleslaw (GF)(DF)(BW) 150 Cal, 1oz Sweet Maui Onion Potato Chips 150 Cal, 1oz
<u>Pizza/Al Dente's</u>
Chicken Piccata (GF) 335 Calories Linguini (VG) 110 Cal, 4oz
<u>Comfort Zone</u>
Grilled Cheese Panini (GF available upon Request) 1513.6 Cal, Ea. With all options Pacific Blend (GF)(VG)(BW) 30 Cal, 7oz Green Beans (GF)(VG)(BW) 15 Cal, ½ Cup
<u>Herbs Garden</u>
Quinoa Stuffed Zucchini Boat (GF)(VG)(BW) 121 Cal, Ea.
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea

Thursday
<u>Grill Works</u>
Grilled Chicken with Alabama BBQ Sauce (GF)(BW)(DF) 740 Cal, Each French Fries (GF)(VG) 110 Cal, 3oz
<u>Pizza/Al Dente's</u>
Crab Rangoon Pizza 176.4 Cal, Slice Cheese Pizza 297.3 Cal, Slice
<u>Comfort Zone</u>
Meatloaf 393.1 Cal. 6 oz Mashed Potato 243.3 Cal. 6oz Beef Gravy 8.7 Cal, 2 oz Mediterranean Blend Vegetable 30 Cal, 6oz Sugar Snap Peas (GF)(VG) 15 Cal, 10 Pods
<u>Herbs Garden</u>
Lentil Loaf (GF)(VG) 419 Cal, 4oz
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea

Friday
<u>Grill Works</u>
Crispy Catfish 160 Calories Hushpuppies 130 Cal, 3ea.
<u>Pizza/Al Dente's</u>
Mac & Cheese 398.3 Cal, 6oz Smokehouse BBQ Pulled Pork (GF)(DF)(BW) 208 Calories
<u>Comfort Zone</u>
Taco Salad (GF) 906 Cal, Ea. With all options Antigua Blend (GF)(VG)(BW) 25 Cal, ¼ Cup Chuckwagon Blend (GF)(VG)(BW) 60 Cal, ½ Cup
<u>Herbs Garden</u>
Potato and White Bean Bowl (GF)(VG)(BW) 165 Cal, Ea.
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea

Saturday
<u>Grill Works</u>
Chili Lime Chicken Breasts 120 Calories Spanish Rice 150 Cal, 1oz Scandinavian Blend (GF)(VG)(BW) 30 Cal, 8oz
<u>Pizza/Al Dente's</u>
Chicken Tetrizzini 321 Cal, 1 Cup
<u>Comfort Zone</u>
Biscuits 200 Cal. Each Country Gravy 50 Cal, 2oz Scrambled Eggs 70 Cal, 3T Sausage Patty (GF)(DF) 160 Cal, Ea. Diced Potatoes (GF)(DF) 80 Cal, 2/3 Cup
<u>Herbs Garden</u>
Sweet Chili Lime Tofu (GF)(VG) 231 Cal, 4oz
<u>Showthyme</u>
Cereal & Waffle Station (GF) 270 Cal, Ea