



Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Grill Works</u>	<u>Grill Works</u>	<u>Grill Works</u>	<u>Grill Works</u>	<u>Grill Works</u>	<u>Grill Works</u>	<u>Grill Works</u>
Grilled Italian Chicken Sandwich 352 Cal, 4 Ea.	Philly Cheesesteak Pub Sandwich 220 Calories, 3 Ea.	Pork & Vegetable Egg Roll 517.7 Calories	Buffalo Chicken Breast Sandwich (GF) 254 Calories	Chili Dogs (GF) 780 Calories	Pub Battered Pollock 260 Calories	Chili Lime Chicken Breasts 120 Calories
Sun Chips (GF)(VG)(BW) 243.3 Cal, 6oz	Potato Chips 150 Cal, 1oz	Fried Rice 110 Cal, 3oz	Potato Chips (GF) 63 Cal, 4oz	Tater Tots 110 Cal, 3oz	Cheddar Grits 110 Cal, 3oz	Spanish Rice 150 Cal, 1oz
Roasted Zucchini (GF)(VG)(BW) 82 Cal, 4oz	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>	Black Beans
<u>Pizza/Al Dente's</u>	Garlic Parmesan Pasta 523.6 Cal, 4oz	Taco Pizza 381 Cal, Slice	Broccoli Cheese Pasta Casserole 152.2 Cal, 4oz	Bacon Spinach Alfredo Pizza 490 Cal, Slice	Pasta Fantastica 401 Cal, 1 Cup	Aztec Corn 50 Cal, 1/3 Cup
Penne Ala Rosa 504 Cal, 8oz	<u>Comfort Zone</u>	Cheese Pizza 297.3 Cal, Slice	<u>Comfort Zone</u>	Cheese Pizza 297.3 Cal, Slice	<u>Comfort Zone</u>	<u>Pizza/Al Dente's</u>
<u>Comfort Zone</u>	Cantonese Pineapple Pork (GF)(DF) 614.4 Cal, Ea.	<u>Comfort Zone</u>	Apricot Stuffed Pork Loin (GF)(DF) 418 Cal, 6oz	<u>Comfort Zone</u>	Beef & Broccoli Stir Fry (GF)(DF) 250 Cal., 4oz	Basil Orzo Pasta 321 Cal, 1 Cup
Pancakes 115 Cal. Each	Couscous (VG) 117 Cal, 4 oz	Homestyle Chicken & Noodles 427 Cal, 3 Ea.	Roasted Potatoes (GF)(VG) 480 Cal, 4oz.	Baked Chipotle Chicken (GF)(DF) 330 Cal, 4oz	White Rice (GF)(VG) 200 Cal, 4 oz	<u>Comfort Zone</u>
Syrup 100 Cal, 2T	Oriental Vegetable Blend (GF)(VG)(BW) 37.9 Cal, 4oz	Mashed Potatoes (GF) 116 Cal, 4oz	Spiced Brussels Sprouts (GF)(VG)(BW) 30 Cal, 1 Cup	Cinnamon Roasted Sweet Potatoes (GF)(VG)(BW) 201.6 Cal, 4oz	Peas & Mushrooms (GF)(Vegan) 30 Cal, ¼ Cup	Biscuits 200 Cal. Each
Scrambled Eggs 70 Cal, 3T	Corn (GF)(VG)(BW) 50 Cal, 4oz	Sliced Carrots (GF)(VG)(BW) 50 Cal, 6oz	Capri Blend (GF)(VG)(BW) 82 Cal, 4oz	Green Beans (GF)(VG)(BW) 339 Cal, 4oz	Roasted Cauliflower (GF)(Vegan) 139 Cal, ½ Cup	Country Gravy 50 Cal, 2oz
Ham Steaks 80 Cal, 3oz	<u>Herbs Garden</u>	Scandinavian Blend (GF)(VG)(BW) 30 Cal, 8oz	<u>Herbs Garden</u>	California Blend (GF)(VG)(BW) 15 Cal, ½ Cup	<u>Herbs Garden</u>	Scrambled Eggs 70 Cal, 3T
Tri-Tater 100 Cal, Ea.	Tofu Cantonese (GF)(VG) 280 Cal, 2 Ea.	<u>Herbs Garden</u>	Buffalo Cauliflower (GF)(VG) 223 Cal	<u>Herbs Garden</u>	Seitan & Broccoli Stir Fry (GF) 356 Cal	Sausage Patty 160 Cal, Ea.
<u>Herbs Garden</u>	<u>Showthyme</u>	Spring Roll 115 Cal	<u>Showthyme</u>	Vegan Paella 419.5 Cal, 4oz	<u>Showthyme</u>	Diced Potatoes 80 Cal, 2/3 Cup
Vegan Stuffed Peppers (GF) 170.9 Cal, 4oz	Kalamatas 746.7 Cal, Ea. With all options	<u>Showthyme</u>	Chicken & Vegetable Stir Fry (GF) 823 Cal, Ea. With all options	<u>Showthyme</u>	Baked Potato Bar 275 Cal, Ea. With all options	<u>Herbs Garden</u>
<u>Showthyme</u>		Asian Chicken Salad (GF)(DF) 184 Cal, 1 cup		Via Piada 906 Cal, Ea. With all options		Chipotle Lime Portabella 508 Cal 4 oz
Build Your Own Waffle Station 270 Cal, Ea						<u>Showthyme</u>
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