



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>
Honey BBQ Boneless Chicken Wings 641 Calories	Grilled Chicken Pita (GF with Spinach Tortilla) (DF) 428 Calories	Turkey & Spinach Sliders (DF)(GF) 502 Calories, 2 Ea	Pork Eggroll 260, 2 Each	Grilled Beef Gyro 270 Calories	Cowboy Burger 590 Calories	Monterey Chicken Sandwich 483 Calories
Corn (VG)(BW)(GF) 35 Cal, 6oz	Sour Cream & Onion Chips 150 Cal, 1oz	French Fries (GF)(VG) 110 Cal, 3oz	Fried Rice (GF)(DF) 228 Cal, 4oz	Deluxe Greek Salad (GF)(VG)(BW) 216.3 Cal, 4oz	Cool Ranch Doritos 150 Cal, 1oz	Sun Chips 150 Cal, 1oz
<u>Pizza/Al Dente's</u>	Roasted Cauliflower (GF)(VG)(BW) 70 Cal, 4oz	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>	Pacific Blend (GF)(VG)(BW) 30 Cal, 7oz	Roasted Cauliflower (GF)(VG)(BW) 70 Cal, 4oz
Lemon Ricotta Pasta with Spinach (GF Available) (V) 538 Cal, 8oz	Chuckwagon Blend (GF)(VG)(BW) 60 Cal, ½ Cup	Bacon Spinach Alfredo Pizza 490 Cal, Slice	Garlic Broccoli Rotini (VG)(BW) (GF available) 401 Cal, 8oz	Taco Pizza 381 Cal, Slice	Green Beans 30 Cal, 1 Cup	Green Beans (GF)(VG)(BW) 15 Cal, ½ Cup
<u>Comfort Zone</u>	<u>Pizza/Al Dente's</u>	<u>Comfort Zone</u>	<u>Comfort Zone</u>	<u>Comfort Zone</u>	<u>Pizza/Al Dente's</u>	<u>Pizza/Al Dente's</u>
Pancakes 115 Cal. Each	Herbed Pasta Primavera 216 Cal, ½ Cup	Smoked Chicken Leg Quarter (DF)(GF) 261 Calories	Taco Salad (GF)(VG)(BW) 906 Cal, Ea. With all Options	Orange Glazed Chicken Thighs (GF)(DF)(BW) 517 Cal., Ea.	Beef Lasagna 463 Cal, Each	Broccoli & Cheese Rice Casserole (BW)(V)(GF) 182 Cal, 4 oz
Syrup 100 Cal, 2T	Blackened Chicken (GF)(DF) 349 Calories	Baked Beans (GF)(V) 130 Cal, 4oz	<u>Herbs Garden</u>	Rice Pilaf (VG)(GF)(BW) 244 Cal, 6 oz	Garlic Breadsticks 220 Cal, 2 Ea.	<u>Comfort Zone</u>
Scrambled Eggs 70 Cal, 3T	<u>Comfort Zone</u>	Capri Blend 25 Cal, 2/3 Cup	Spring Rolls (VG) 115 Cal, Ea.	Italian Roasted Snap Peas (GF)(VG)(BW) 60 Cal, ½ Cup	<u>Comfort Zone</u>	Biscuits 200 Cal. Each
Ham Steaks (GF)(DF) 80 Cal, 3oz	Turkey Pesto Panini (GF) 823 Cal, Ea. With all options	Sliced Carrots (GF)(VG)(BW) 35 Cal, 6oz	Spicy Cucumber Salad with Pan Fried Tofu (VG)(GF)(BW) 204 Cal, 6oz	Creamed Corn (GF) 100 Cal, 7oz	Thai Peanut Chicken Wraps (GF Available) (DF) 648 Cal, Ea. With all options	Country Gravy 50 Cal, 2oz
<u>Herbs Garden</u>	<u>Herbs Garden</u>	<u>Herbs Garden</u>	<u>Showthyme</u>	<u>Herbs Garden</u>	<u>Herbs Garden</u>	Scrambled Eggs 70 Cal, 3T
Chickpea Stir Fry w/ Rice (GF)(VG) 240 Cal, 8oz	Made to order Zesty Tofu and Lentil Bowl (GF)(VG) 240 Cal, 8oz	Scalloped Portabella Mushrooms (GF)(V) 145 Cal, 8oz	Cereal & Waffle Station (GF) 270 Cal, Ea	Moroccan Chickpea Tagine (GF)(VG)(BW) 258 Cal, 6oz	Garden Vegetable Lasagna (GF)(BW) 441 Cal, Ea.	Sausage Patty (GF)(DF) 160 Cal, Ea.
<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>		<u>Showthyme</u>	Black Bean Burger 120 Cal	Diced Potatoes (GF)(DF) 80 Cal, 2/3 Cup
Cereal & Waffle Station (GF) 270 Cal, Ea	Cereal & Waffle Station (GF) 270 Cal, Ea	Cereal & Waffle Station (GF) 270 Cal, Ea		Cereal & Waffle Station (GF) 270 Cal, Ea	<u>Showthyme</u>	Herbs Garden
					Cereal & Waffle Station (GF) 270 Cal, Ea	Creamy Sundried Tomato & Kale Pasta (GF) (contains Almonds) 250 Cal, 8oz
						<u>Showthyme</u>
						Cereal & Waffle Station (GF) 270 Cal, Ea



Small enough to care . . . Big enough to make a difference.

Menu is Subject To Change Soup is Made Daily

