



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>
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	Buffalo Poppers 288.4 Calories, 5 oz Sour Cream & Onion Chips 150 Cal, 1oz	Reuben Sandwich 501.1 Calories French Fries 110 Cal, 3oz	Smokehouse BBQ Pulled Pork (GF)(DF)(BW) 208 Calories Creamy Coleslaw (GF)(DF)(BW) 150 Cal, 1oz Sweet Maui Onion Potato Chips 150 Cal, 1oz	Grilled Chicken with Alabama BBQ Sauce (GF)(BW)(DF) 740 Cal, Each French Fries (GF)(VG) 110 Cal, 3oz	Crispy Catfish 160 Calories Hushpuppies 130 Cal, 3ea.	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>	<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>	<u>Pizza/Al Dente's</u>
Tuna Noodle Casserole 349 Cal, 1 Cup	Oven Roasted Vegetables Pasta with Garlic White Wine Sauce (VG) 401 Cal, 8oz	Crab Rangoon Pizza 176.4 Cal, Slice Cheese Pizza 297.3 Cal, Slice	Chicken Piccata (GF) 335 Calories Linguini (VG) 110 Cal, 4oz	Pepperoni & Mushroom 402.1 Cal, Slice Cheese Pizza 297.3 Cal, Slice	Honey BBQ Chicken Drumstick (GF)(DF) 554.6 Cal. 2 ea.	Chicken Trazzini 321 Cal, 1 Cup
<u>Comfort Zone</u>	<u>Comfort Zone</u>	<u>Comfort Zone</u>	<u>Comfort Zone</u>	<u>Comfort Zone</u>	<u>Comfort Zone</u>	<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.	Grilled Rosemary Chicken Breast (GF)(DF)(BW) 252 Cal, Ea.	Taco Salad (GF) 906 Cal, Ea. With all options Antigua Blend (GF)(VG)(BW) 25 Cal, ¾ Cup Chuckwagon Blend (GF)(VG)(BW) 60 Cal, ½ Cup	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	Meatloaf 393.1 Cal. 6 oz Mashed Potato 243.3 Cal. 6oz Beef Gravy 8.7 Cal, 2 oz Key Largo Blend Vegetable 30 Cal, 6oz Sugar Snap Peas (GF)(VG) 15 Cal, 10 Pods	Mac & Cheese 398.3 Cal, 6oz Chicken Andouille Gumbo (GF)(DF) 782 Cal, 4oz Corn Muffins 259.1 Cal, 1 ea. Fried Okra 100 Cal, ¾ Cup Collard greens 70 Cal, 3T	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>	<u>Herbs Garden</u>	<u>Herbs Garden</u>	<u>Herbs Garden</u>	<u>Herbs Garden</u>	<u>Herbs Garden</u>	<u>Herbs Garden</u>
Vegan Stuffed Peppers (GF) 170.9 Cal, 4oz	Briam (Greek Roasted Zucchini & Potatoes) (GF)(VG)(BW) 533 Cal, 6oz	Potato and White Bean Bowl (GF)(VG)(BW) 165 Cal, Ea.	Quinoa Stuffed Zucchini Boat (GF)(VG)(BW) 121 Cal, Ea.	Lentil Loaf (GF)(VG) 419 Cal, 4oz	Vegan Gumbo 389 Cal, 8oz	Vegan Trazzini (GF) 286.9 Cal, 4oz
<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>
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	Cereal & Waffle Station (GF) 270 Cal, Ea	Cereal & Waffle Station (GF) 270 Cal, Ea	Cereal & Waffle Station (GF) 270 Cal, Ea