



# Lunch Menu



**Sunday**

Grill Works

Chicken Parmesan (GF)  
667.8 Calories  
Broccoli & Quinoa  
Casserole (GF)  
267 Cal, 4oz  
Key Largo Blend  
(GF)(VG)  
35 Cal, 8oz

Pizza/Al Dente's

Mediterranean Chicken  
Pasta Bake  
590 Cal, 4oz

Comfort Zone

Pancakes  
115 Cal. Each  
Syrup  
100 Cal, 2T  
Scrambled Eggs  
70 Cal, 3T  
Ham Steaks  
80 Cal, 3oz  
Tri-Tater  
100 Cal, Ea.

Herbs Garden

Mediterranean Eggplant  
Roll ups (GF)(VG)  
298 Cal, Ea.

Showthyme

Build Your Own Waffle  
Station  
270 Cal Ea

**Monday**

Grill Works

Chicken Taquitos  
220 Cal, 3 Each  
Cheesy Refried Beans  
(GF)  
149 Cal, 4oz

Pizza/Al Dente's

Garlic Broccoli Rotini  
(VG)(BW)  
401 Cal, 8oz

Comfort Zone

Chicken Thigh with  
Poblano Pepper Cream  
Sauce (GF)  
484 Cal.  
Rice Pilaf  
200 Cal, 4oz  
Capri Blend Vegetable  
25 Cal, 2/3 Cup  
Green Peas  
60 Cal, 1/2 Cup

Herbs Garden

Baked Mushroom  
Polenta Pie (GF)(VG)  
110 Cal, 4oz

Showthyme

Bread & Spread Bar  
(GF)(DF)  
746.7 Cal, Ea.  
With all options

**Tuesday**

Grill Works

Blackened Chicken  
Sandwich (GF)(DF)  
499 Calories  
French Fries  
110 Cal, 3oz

Pizza/Al Dente's

Beef Pizza  
381 Cal, Slice  
Cheese Pizza  
297.3 Cal, Slice

Comfort Zone

Corned Beef Brisket  
(GF)(DF)  
426 Cal, 6oz  
Roasted Potatoes  
(GF)(VG)(BW)  
271 Cal, 4oz  
Stewed Cabbage (GF)(BW)  
79 Cal, 4oz  
Roasted Carrots  
(GF)(VG)(BW)  
78 Cal, 4oz

Herbs Garden

Sweet & Spicy Sriracha  
Cauliflower Tacos (VG)  
455 Cal, 2 Ea.

Showthyme

Taco Tuesday Bar  
(GF)(DF)(VG)  
855 Cal, 2 Ea.

**Wednesday**

Grill Works

Smoked Chicken Legs  
(DF)(GF)  
261 Calories  
Baked Beans (GF)(V)  
130 Cal, 4oz  
Key Largo Blend (GF)(VG)  
35 Cal, 8oz

Pizza/Al Dente's

Mac & Cheese  
398.3 Cal, 6oz

Showthyme

Hala Penos  
(GF)(DF)  
1613.1 Cal, Ea.  
With all options

**Thursday**

Pizza/Al Dente's

Cheese Pizza  
297.3 Cal, Slice

Comfort Zone

Orange Glazed Popcorn  
Chicken  
718 Cal, 4oz  
White Rice (GF)(VG)  
103 Cal, 4oz  
Antigua Blend (GF)(VG)(BW)  
25 Cal, 3/4 Cup  
Green Peas  
(GF)(VG)(BW)  
60 Cal, 4oz

Herbs Garden

Vegan Sesame Orange  
Ginger Chickpea Stir-Fry  
(GF)(BW)  
248 Cal, 6oz

Showthyme

Turkey Avocado Panini  
(GF)(DF)  
823 Cal, Ea.  
With all options

**Friday**

Grill Works

Tuna Melts  
190 Calories  
Cool Ranch Doritos  
150 Cal, 1oz

Pizza/Al Dente's

Chicken Trazzini  
321 Cal, 1 Cup

Showthyme

BYO Waffle Bar  
1611 Cal  
With all options

Herbs Garden

Vegan Trazzini (GF)  
286.9 Cal, 4oz

**Saturday**

"THE CAF"

**IS CLOSED AS  
OF 3-21-2020  
UNTIL FURTHER  
NOTICE**

**UPDATES WILL  
BE POSTED**