



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>
Chipotle Boneless Chicken Wings 352 Cal, 4 Ea. Tater Tots (GF)(VG)(BW) 243.3 Cal, 6oz Baby Carrots (GF)(VG)(BW) 82 Cal, 4oz	Chicken Taquitos 220 Calories, 3 Ea. Spanish Rice (GF)(VG) 236 Cal, 4oz Cheesy Refried Beans 149 Cal, 4oz	Grilled Chicken Pita 405.3 Calories French Fries 110 Cal, 3oz	Sloppy Joes (DF) 254 Calories Plain Potato Chips (GF) 150 Cal, 1oz	Grilled Bratwurst with Peppers & Onions (GF)(DF) 780 Calories French Fries 110 Cal, 3oz	Italian Subs 517.7 Calories Cool Ranch Doritos 150 Cal, 1oz	Turkey Carnitas Tacos (GF)(DF) 521.3 Cal, 2 Ea. Black Beans 201 Cal, 4oz Capri Blend 25 Cal, 6oz
<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>
Chicken Alfredo Primavera 519.9 Cal, 10oz	Garlic Broccoli & Rotini (DF)(VG)(BW) 362 Cal, 4oz	Sicilian Pizza 361 Cal, Slice Cheese Pizza 297.3 Cal, Slice	Blackened Chicken Pasta Bake 328 Cal, 8oz	Pesto Chicken Pizza 324.6 Cal, Slice Cheese Pizza 297.3 Cal, Slice	Vegan Spinach & Mushroom Orzo (VG)(BW) 270 Cal, 4oz.	Taco Pasta Bake 629 Cal, 6oz
<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 80 Cal, 3oz Tri-Tater 100 Cal, Ea.	Turkey Ala King (GF)(DF) 228.1 Cal, 7.5oz Sweet Yeast Rolls 190 Cal, Ea Pacific Blend (GF)(VG)(BW) 30 Cal, 7oz Sugar Snap Peas (GF)(VG)(BW) 15 Cal, 10pods	Swedish Meatballs 427 Cal, 3 Ea. Buttered Egg Noodles 116 Cal, 4oz Peas & Carrots (GF)(VG)(BW) 50 Cal, 6oz California Blend (GF)(VG)(BW) 30 Cal, 8oz	Rosemary Garlic Pork Chops (GF)(DF) 279 Cal, 4oz Broccoli Cheddar Rice (GF) 307 Cal, 4oz. Winter Blend (GF)(VG)(BW) 30 Cal, 1 Cup Sliced Carrots (GF)(VG)(BW) 50 Cal, 8oz	Chicken Fried Chicken 330 Cal, 4oz Mashed Potatoes (GF) 201.6 Cal, 4oz Button Mushrooms (GF) 339 Cal, 4oz Green Beans (GF)(VG)(BW) 15 Cal, ½ Cup	Spicy Lemon Garlic Tilapia (GF)(VG) 250 Cal., 4oz Wild Rice (GF)(VG) 200 Cal, 4 oz Key Largo Blend (GF)(VG) 30 Cal, ¼ Cup Roasted Yellow Squash (GF)(VG) 35 Cal, 8oz	Biscuits 200 Cal. Each Country Gravy 50 Cal, 2oz Scrambled Eggs 70 Cal, 3T Sausage Patty 160 Cal, Ea. Diced Potatoes 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 Chipotle Bites (GF) 110 Cal, Ea.	Vegan Taquitos 208 Cal, Ea.	Vegan Meatballs 198 Cal, 3 Ea.	Vegan Sloppy Joes (GF)(VG) 298 Cal	Vegan Schnitzel 156 Cal, Ea.	Vegan Stuffed Cabbage Rolls (GF) 356 Cal	Mushroom Carnitas Tacos (GF)(VG) 384 Cal, 2 Ea.
<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>	<u>Showthyme</u>
Build Your Own Waffle Station 270 Cal, Ea	Decorate Your Own Donut Bar 480 Cal, Ea. With all options	Taco Salad (GF) 906 Cal, Ea. With all options	Buffalo Chicken Wrap 1044.7 Cal, Ea. With all options	Chef's Salad (GF)(BW) 284 Cal, Ea. With all options	Yogurt Bar (GF)(BW) 1351 Cal, Ea. With all options	Build Your Own Waffle Station 270 Cal, Ea