













MAKE THE CHOICE THAT'S RIGHT FOR YOU.

 EAT WELL  500-CALORIES-OR-LESS  GLUTEN FREE  VEGETARIAN  VEGAN

MONDAY 1.8	WAKIN' UP	Vegetable Omelet w/Home Fries	
	SOUPER SOUP	Chicken Noodle	
	CHEF'S TABLE	Chicken Stew	
	SIDES	Roasted Potatoes	  
		Asparagus	  
	UPMARKET DELI	Turkey Panini w/Fresh Mozzarella & Chipotle Sauce	
	DAILY GRILL	Beef Burger, Black Bean & Veggie Burger, Salmon, Tuna, French & Waffle Fries, Onion Rings, Flatbread (Buffalo Chicken or Margherita)	
GRILLED SPECIAL	Eggplant Parmesan Grinder		
TUESDAY 1.9	WAKIN' UP	Vegetable Frittata	
	SOUPER SOUP	Pasta Fagioli	 
	CHEF'S TABLE	Oven Roast Beef	
	SIDES	Sweet Potato Hash	  
		Broccoli	  
	UPMARKET DELI	Cranberry Chicken Salad on Multi-Grain	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Salmon, Tuna, French Fries, Waffle Fries, Onion Rings	
GRILLED SPECIAL	Sausage & Pepper Grinder		
WEDNESDAY 1.10	WAKIN' UP	Sausage Egg & Cheese Burrito	
	SOUPER SOUP	Beef Barley	
	CHEF'S TABLE	Mexican Carnitas Chili	
	SIDES	Cilantro Lime Rice	 
		Black Beans	 
	UPMARKET DELI	Grilled Vegetable Wrap	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Salmon, Tuna, French Fries, Waffle Fries, Onion Rings, Flatbreads (Buffalo or Margherita)	
GRILLED SPECIAL	Grilled Salmon w/Orange Grapefruit Caprese		
THURSDAY 1.11	WAKIN' UP	Banana Pancakes	
	SOUPER SOUP	Chicken Minestrone	
	CHEF'S TABLE	Sole Francese	
	SIDES	Couscous Pilaf	
		Mixed Vegetables	
	UPMARKET DELI	The Godfather Combo	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Tuna, Salmon, French & Waffle Fries, Onion Rings	
GRILLED SPECIAL	Portabella Mushroom Burger	 	
FRIDAY 1.12	WAKIN' UP	Two Eggs Your Way with Bacon & Home Fries	
	SOUPER SOUP	Green Lentil & Sausage	
	CHEF'S TABLE	Teriyaki Beef Tenderloin	
	SIDES	White Rice	
		Stir Fry Vegetables	  
	UPMARKET DELI	Tuna Melt w/Bacon & Avocado	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Tuna, Salmon, French & Waffle Fries, Onion Rings	
GRILLED SPECIAL	Meatball Grinder		