

















MAKE THE CHOICE THAT'S RIGHT FOR YOU.

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

MONDAY 4.16	WAKIN' UP	Two Eggs w/Sausage & Home Fries	
	SOUPER SOUP	Chicken Noodle	
	CHEF'S TABLE	Braised Briquette	
	SIDES	Herb Roasted Potato	
		Asparagus	
	UPMARKET DELI	Turkey Avocado & Cilantro Wrap	
TUESDAY 4.17	DAILY GRILL	Beef Burger, Black Bean & Veggie Burger, French & Waffle Fries, Onion Rings	
	GRILLED SPECIAL	Grilled Blacken Chicken BLT & Cheddar Cheese	
	WAKIN' UP	Waffles & Bacon	
	SOUPER SOUP	Beef Barley	
	CHEF'S TABLE	Chicken Stew	
	SIDES	Mashed Potato	
	Steamed Broccoli		
WEDNESDAY 4.18	UPMARKET DELI	Roasted Beef Sandwich w/Roasted Tomato, Spinach, Cherry Peppers, Provolone & Garlic Aioli	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, French Fries, Waffle Fries, Onion Rings	
	GRILLED SPECIAL	Fish Cake Sandwich w/Lettuce, Tomatoes, Tartar Sauce	
	WAKIN' UP	Vegetable Omelet & Home Fries	
	SOUPER SOUP	Minestrone	
	CHEF'S TABLE	Garlic Leek Roasted Salmon	
THURSDAY 4.19	SIDES	Rice Pilaf	
		Mixed Vegetables	
	UPMARKET DELI	Baja Chicken Sandwich	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, French Fries, Waffle Fries, Onion Rings	
	GRILLED SPECIAL	Grilled Yellow Tuna Fin Sandwich w/Lettuce, Tomato, Fried Onion & Lemon Chilli Aioli	
	FRIDAY 4.20	WAKIN' UP	Sausage Egg & Cheese Omelet w/ Avocado
SOUPER SOUP		Chicken Tomato Rice	
CHEF'S TABLE		Turkey Bolognese	
SIDES		Spaghetti	
		Roasted Squash	
UPMARKET DELI		Tuna BLT	
FRIDAY 4.20	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, French & Waffle Fries, Onion Rings	
	GRILLED SPECIAL	Mixed Nuts Crusted Chicken Fruit Salad & Polenta Croutons	
	WAKIN' UP	Vegetable Quiche & Feta Cheese	
	SOUPER SOUP	Vegetarian Lentil	
	CHEF'S TABLE	Chechen or Shrimp Stir Fried	
	SIDES	Sticky Rice	
	Vegetable Spring Roll		
FRIDAY 4.20	UPMARKET DELI	Chicken Caesar Wrap	
	DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Tuna, Salmon, French & Waffle Fries, Onion Rings	
FRIDAY 4.20	GRILLED SPECIAL	Twin Dogs Rancheros w/Pepper Jack, Tomato Salsa, Guacamole, Sour Cream & Jalapenos	