

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

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

MONDAY 12.04	WAKIN' UP	Scrambled Eggs w/ Sausage and Home Fries	
	SOUPER SOUP	Lemon Chicken Orzo w/ Vegetables	
	Chef's Table	Pan Seared Pork Chop w/Mushroom Sauce	
	SIDES	Herb Roasted Potatoes	
		Asparagus	
	UPMARKET DELI	Chicken Caesar Wrap	
DAILY GRILL	Beef Burger, Black Bean & Veggie Burger, Salmon, Tuna, French & Waffle Fries, Onion Rings, Flatbreads (Buffalo Chicken or Margherita)		
GRILLED SPECIAL	Grilled Blackened Ahi Tuna Steak over Garden Salad		
TUESDAY 12.05	WAKIN' UP	Vegetable Omelet	
	SOUPER SOUP	Vegetarian Lentil	
	CHEF'S TABLE	Grilled Beef Tenderloin w/Chimichurri Sauce	
	SIDES	Sweet Potato Fries	
		Mixed Vegetables	
	UPMARKET DELI	Turkey Waldorf Salad on Ciabatta Roll	
DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Salmon, Tuna, French Fries, Waffle Fries, Onion Rings		
GRILLED SPECIAL	Margarita Flatbread		
WEDNESDAY 12.06	WAKIN' UP	Blueberry Pancakes w/Side of Bacon	
	SOUPER SOUP	Vegetarian Mixed Bean Chili	
	CHEF'S TABLE	Cajun Crusted Salmon w/Fresh Pico de Gallo	
	SIDES	Rice Pilaf	
		Steamed Broccoli and Carrots	
	UPMARKET DELI	Tuna Melt w/Pepperjack & Jalapenos	
DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Salmon, Tuna, French Fries, Waffle Fries, Onion Rings, Flatbreads (Buffalo or Margherita)		
GRILLED SPECIAL	Chicken Burrito		
THURSDAY 12.07	WAKIN' UP	Bacon Egg and Cheese on Bagel	
	SOUPER SOUP	Sausage Gumbo	
	CHEF'S TABLE	Deep Fried Chicken	
	SIDES	Macaroni & Cheese	
		Buttered Corn	
	UPMARKET DELI	Vegetable Panini (mushrooms, asparagus, eggplant, roasted peppers, spinach, onions)	
DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Tuna, Salmon, French & Waffle Fries, Onion Rings		
GRILLED SPECIAL	Housemade Roast Beef Sandwich w/Provolone Cheese, Caramelized Onions and Horseradish Aioli		
FRIDAY 12.08	WAKIN' UP	Omelet Your Way w/Home Fries	
	SOUPER SOUP	Beef Barley	
	CHEF'S TABLE	Eggplant Parmesan	
	SIDES	Penne Pasta w/Olive Oil and Garlic	
		Garlic Bread	
	UPMARKET DELI	Chicken Cobb Salad Wrap	
DAILY GRILL	Beef Burger, Black Bean Burger, Veggie Burger, Tuna, Salmon, French & Waffle Fries, Onion Rings		
GRILLED SPECIAL	Buffalo Wings		