

## CHAR GRILL

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<b>A la Carte Breakfast Sandwiches</b> 40-260 Cal	\$4
Wrap, roll, biscuit, Croissant	
<b>2 Egg or Egg Whites</b> 30-90 Cal	\$3
<b>Breakfast Meats</b> 40-260 Cal	\$3
Bacon, pork sausage patties	\$4
Turkey bacon, turkey patties, vegan patties	
<b>Cheese</b> 70-110 Cal	\$4
American, cheddar, provolone, Swiss, pepper jack,	
<b>Dairy free cheese available upon request</b>	

## EVERYDAY FAVORITES

<b>Asparagus and Egg Burrito</b>	\$4
<b>Buttermilk Pancakes</b> 2 pieces 200 Cal	\$3
<b>French Toast</b> 4 pieces 130 Cal	\$3
<b>Add Ons</b> 50-130 Cal	\$4
Tater tots, hash browns, avocado	

## OMELETS

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<b>2 Egg or Egg White Omelet</b> 30-90 Cal	\$3
<b>3 Egg or Egg white Omelet</b> 50-130 Cal	
<b>Omelet Meat Toppings</b> 50-130 Cal	\$4
Diced turkey, diced ham	
<b>Omelet Vegetable Toppings</b> 5-10 Cal	\$4
Tomato, pepper, onion, jalapeño, spinach, mushroom, broccoli, salsa	\$3

## TRY IT TODAY!

### Banana Crepe \$4

Stuffed with bananas topped with fresh strawberries, strawberry sauce and chocolate sauce



Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

# CHAR GRILL BUFFET

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<b>Egg white</b> 60 Cal.	<b>\$0.55</b>
<b>Scrambled Eggs</b> 80 Cal	<b>\$0.55</b>
<b>Breakfast potatoes</b> 150 Cal	<b>\$0.40</b>
<b>French toast</b> 90 Cal	<b>\$0.40</b>
<b>Pork sausage</b> 00 Cal.	<b>\$0.40</b>
<b>Pork Bacon</b> 115 Cal	<b>\$0.40</b>
<b>Turkey sausage</b> 90 Cal.	<b>\$0.40</b>
<b>Turkey Bacon</b> 110 Cal	<b>\$0.40</b>
<b>Veggie sausage</b> 70 Cal.	<b>\$0.40</b>

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# Thyme

Pan seared thyme brined pork chop *GS DF*

Chicken marsala with wild mushroom and thyme *DF*

Pan seared thyme crusted tofu steak *GS DF V*

Garlic red bliss mashed potato *GS*

Wild rice *GS DF V*

Roasted carrots and broccoli *GS DF V*

Buttered cabbage *GS*

*GS* Gluten sensitive

*DF* Dairy free

*V* - Vegan



## CHAR GRILL

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### Burgers 440-885 Cal

Beef, \$4  
Turkey, garden or black bean \$3

### Cheesesteaks 540-885 Cal

Beef \$4  
Chicken, turkey or black bean \$3

### Chicken Sandwiches and Wraps 50-130 Cal \$3

Buffalo or plain with crispy chicken or grilled chicken

### Grilled Chicken 200 Cal \$3

### Crispy Chicken Tenders 330 Cal \$3

### Faroe Island Salmon 310 Cal \$3

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## EVERYDAY FAVORITES

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### Sides 180- 460 Cal

Fries, onion rings, mozzarella sticks \$1.29

### Add Ons 60-120 Cal

Bacon or avocado

### Cheese 60-120 Cal

American, cheddar,, pepper jack, Swiss,, provolone.

**Dairy free cheese available upon request.**

### Toppings 5-20 Cal

Lettuce, tomato, red onion, pickles

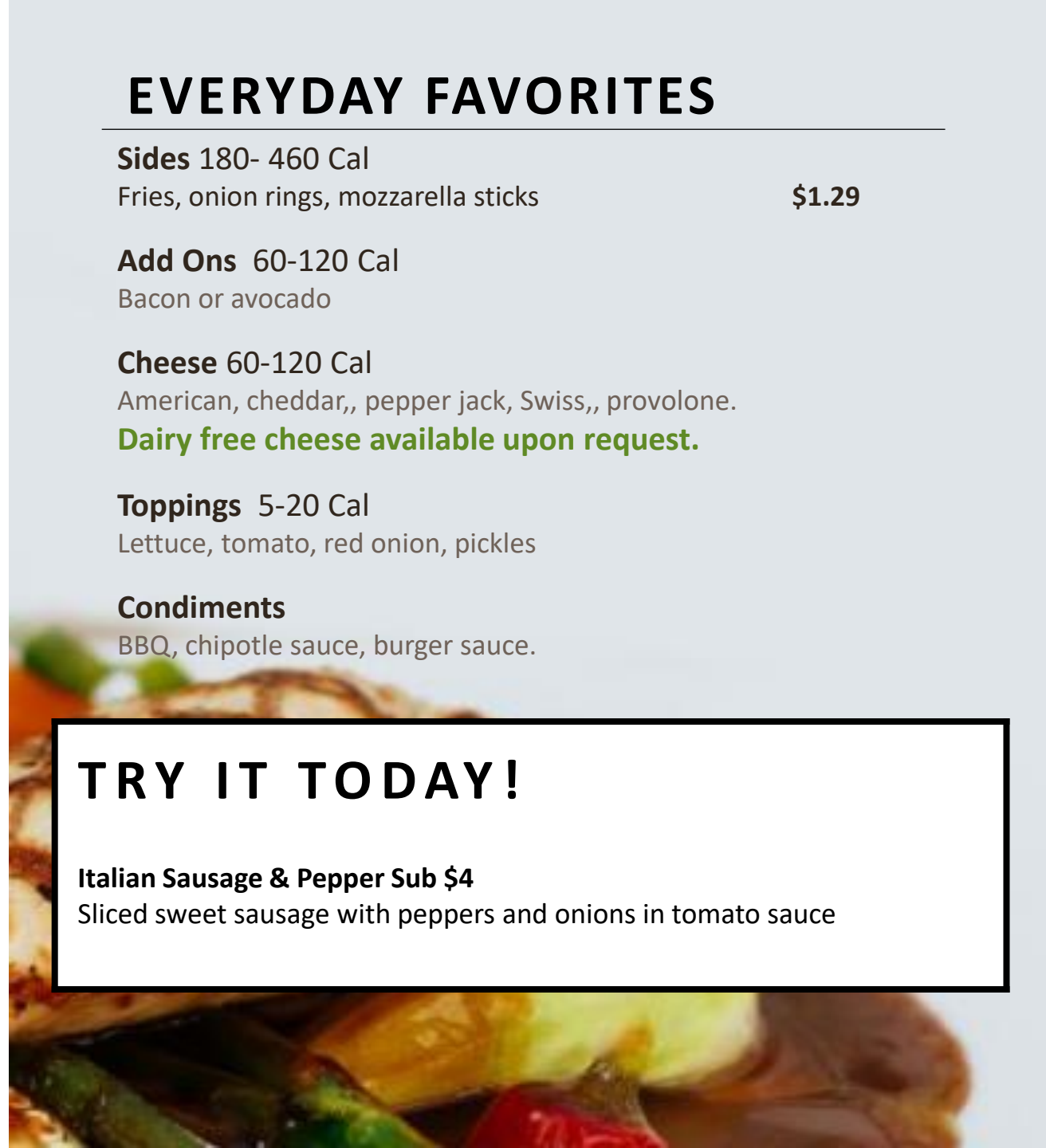
### Condiments

BBQ, chipotle sauce, burger sauce.

## TRY IT TODAY!

### Italian Sausage & Pepper Sub \$4

Sliced sweet sausage with peppers and onions in tomato sauce



# DIETARY SOLUTIONS

Items on this menu are free of gluten and dairy

## Wholesome Kitchen

Build signature bowls

Jasmine rice

Gluten free pasta

Dirty grains

Bok choy, peppers, onions, cabbage

Roasted Italian vegetables

Spiced collard greens

Blackened salmon

Chicken gumbo

Asian BBQ wild mushrooms



# BUTCHER BLOCK



## DELICATESSEN

### **Chicken Caesar Wrap 460 Cal**

Grilled chicken, romaine, Caesar dressing, croutons, and parmesan on a white wrap.

\$4

### **Roast Beef and Swiss 620 Cal**

Roast beef layered with tomatoes, lettuce, Swiss cheese, and mayo on a ciabatta roll.

\$4

### **Homestyle Turkey BLT 550 Cal**

Classic turkey BLT with oven-roasted turkey, bacon, lettuce, and tomato on country white bread.

\$4

### **Avocado BLT 545 Cal**

Avocado, bacon, lettuce, and tomato on a plain bagel with everything spice cream cheese

\$4

### **Italian Sub 540 Cal**

Ham, salami, pepperoni, provolone cheese, lettuce, tomato, onion, oil and vinegar on a hero

\$4

### **Caprese Wrap 420 Ca**

Fresh mozzarella, tomato, lettuce, pesto and balsamic glaze

\$3

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### **.Chicken Salad 530 Cal**

Grilled chicken, celery, onion and mayonnaise.

### **Tuna Salad 430 Cal**

Tuna,, celery, onion and mayonnaise.

### **Mediterranean Salad 410 Ca**

Tomato, cucumbers, arugula, feta cheese

### **Egg Salad 430 Cal**

Eggs, celery, onion, mayonnaise

## Add a side

### **Signature Potato Chips 350 Cal**

House-made potato chips seasoned with salt and pepper.

### **Pasta Salad 350 Cal**

With tomato, carrots and mayonnaise, seasoned with salt and pepper

### **Pickle Spear**

### **Carrot Sticks**



# BUTCHER BLOCK



DELICATESSEN

## Made To Order Sandwiches

### **Bread** 100-250 Cal

Kaiser roll, hero, whole wheat, rustic country white, multigrain sliced, rye, ciabatta, olive loaf, brioche, assorted wraps, gluten free white, gluten free roll.

### **Sliced Proteins** 120-175 Cal

Oven roast turkey, London broil, deluxe ham, grilled chicken, salami, pepperoni.

### **Protein Salads** 200-440 Cal

Chicken salad | Tuna salad  
Egg salad

### **Add Ons** 60-120 Cal

Bacon, turkey bacon, avocado, hummus.

### **Cheese** 60-120 Cal

American, cheddar, fresh mozzarella, pepper jack, Swiss, provolone,

### **Toppings** 5-20 Cal

Lettuce, arugula, spinach, spring mix, tomato, cucumber, red onion, banana peppers, roasted peppers, grilled vegetables

### **Condiments**

Mayonnaise, low-fat mayonnaise, horseradish sauce, avocado ranch, Caesar, ranch, pesto mayo, BBQ sauce, buffalo sauce, honey mustard, spicy brown, Dijon mustard, Sriracha aioli, thousand island, olive oil, balsamic vinegar, red wine vinegar

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# BUTCHER BLOCK



DELICATESSEN

## **Italian Roast Beef 640 Cal**

Seasoned roast beef, provolone cheese, banana peppers and roasted red peppers with an Au Jus spread

\$4

## **Roast Turkey with Spicy Cranberry Mayonnaise 590 Cal**

Roasted turkey, pepperjack cheese, arugula, red onions with cranberry spread

\$4

## **Ham, Avocado and Jalapeno 550 Cal**

Sliced ham, aged cheddar, arugula and red onion with jalapeno avocado spread

\$4

## **Chickpea Avocado 445 Cal**

Chickpea, avocado, roasted pepper, pickled onion, arugula

\$4

## Add a side

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### **Signature Potato Chips 350 Cal**

House-made potato chips seasoned with salt and pepper.

### **Pasta Salad 350 Cal**

With tomato, carrots and mayonnaise, seasoned with salt and pepper

### **Pickle Spear**

### **Carrot Sticks**

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# THE MARKET TABLE



## Composed Salads

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### **Shaved Zucchini Salad 170 Cal**

Zucchini, parmesan, asparagus, peas, edamame, romaine, spinach, and radish

**Kale Salad with Cranberries 106 Cal** Gluten sensitive  
Kale, peppers, apple, red onion, cranberries, walnuts, coriander

### **Italian Salad 270 Cal**

Pasta, mozzarella, cucumber, tomato, ham, dill

# What's included in your bundle?



Each meal comes with any two station sides

You also get any two extras included in your meal. Extras are labeled with a green price tag

## Example of a full bundle

BBQ Ribs - meal  
Green beans - 1<sup>st</sup> side  
Mac & Cheese - 2<sup>nd</sup> side

Bottled water - 1<sup>st</sup> extra  
Crave-worthy cookies - 2<sup>nd</sup> Extra

If you are unsure of what's included, please ask an associate and we will assist you



## Main Select 1



*Select one entree from any station*



## Sides Select 2



*Select two side dishes from any station*



## Extras Select 2



*Select two extras with a green labeled price tag including:*

- Bottled water
- Craveworthy cookies



# BUNDLE UP

Make the most of your lunch with our Lunch Bundle program. Build your bundle with one main entree, two sides, and any two extras.