

CHAR GRILL

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

EVERYDAY FAVORITES

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

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

OMELETS

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

TRY IT TODAY!

Banana Crepe \$4

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



CHAR GRILL BUFFET

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

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O-mori ramen bar

Choose your base

Ramen noodles **DF** v

zucchini noodles **GS** **DF** v

Choose 1 vegetables

Bok choy and cabbage **GS** **DF** v

Corn and edamame **GS** **DF** v

Shoyu mushrooms **GS** **DF** v

Choose your broth

Curry chicken **GS** **DF**

Mushroom miso **DF** v

Smokey pork shoyu **GS** **DF**

Choose your protein

Shoyu pulled pork **GS** **DF**

Katsu chicken,

Katsu cauliflower **DF** v

Choose 2 toppings

Chili oil, togarashi, Nori square, soy poached egg, cilantro and scallions

GS Gluten sensitive

DF Dairy free

V - Vegan

CHAR GRILL

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

Buffalo or plain with crispy chicken or grilled chicken \$3

Grilled Chicken 200 Cal

\$3

Crispy Chicken Tenders 330 Cal

\$3

Faroe Island Salmon 310 Cal

\$3

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EVERYDAY FAVORITES

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

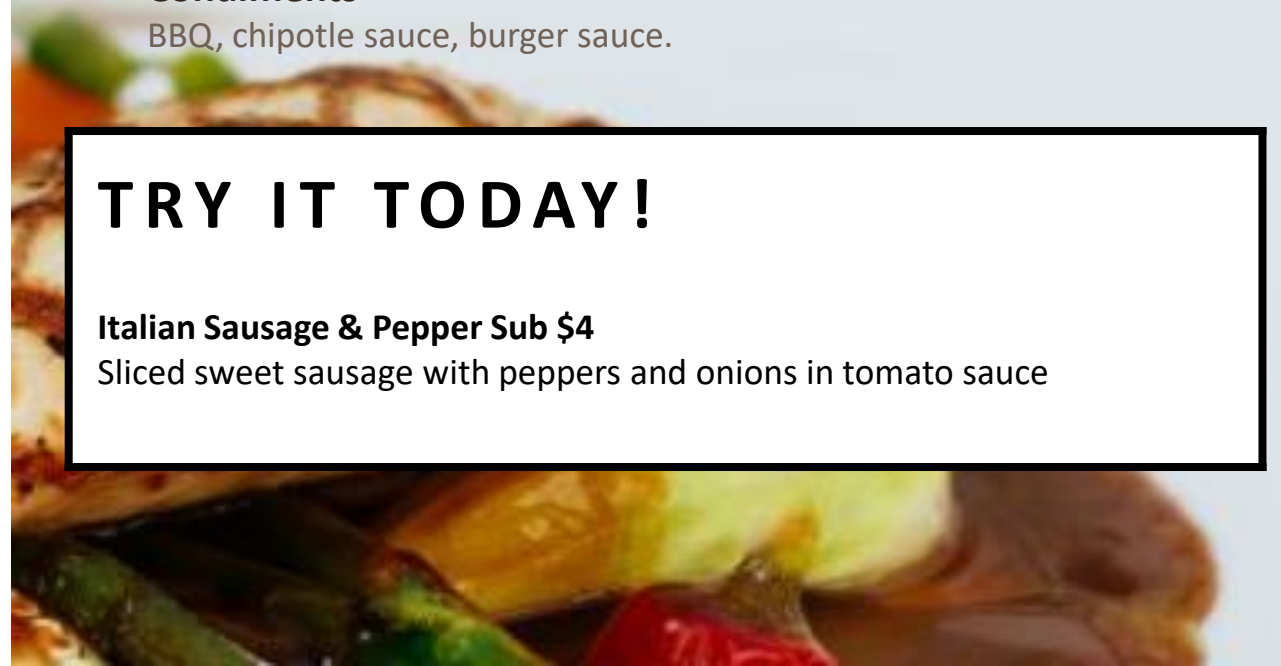
Condiments

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

Ever grains

Mixed greens

Choose your grain

Lentil and quinoa or wild rice

Choose your 4 toppings

Tomato, cucumber, peppers, pickled onion,
broccoli, olives, avocado, red cabbage,
edamame, mandarin orange, cranberry,
pickled ginger

Choose your protein

Grilled chicken, grilled steak, crunchy
roasted cauliflower

Choose your dressing

Spicy mayonnaise, balsamic, lemon
dressing



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

California Turkey BLT 560 Cal

Oven roast turkey, bacon, lettuce, tomato, avocado and chipotle mayonnaise

\$4

Grilled Chicken, Pesto and Mozzarella 520 Cal

Grilled chicken, roasted red pepper, fresh mozzarella, spinach, and pesto

\$4

Szechuan Shrimp and Avocado 550 Cal

Grilled Szechuan shrimp, avocado, red onion, Peppers, cilantro and arugula

\$4

Greek White Bean 445 Cal

White bean spread, Kalamata olives, feta, cucumber, tomato, pickled onion and tzatziki sauce

\$4

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

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THE MARKET TABLE



Composed Salads

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 - 1st side
Mac & Cheese - 2nd side

Bottled water - 1st extra
Crave-worthy cookies - 2nd 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.