CHAR GRILL

A la Carte Breakfast Sandwiches 40-260 Cal Wrap, roll, biscuit, Croissant	\$4 \$3			
2 Egg or Egg Whites 30-90 Cal				
Breakfast Meats 40-260 Cal Bacon, pork sausage patties Turkey bacon, turkey patties, vegan patties				

Cheese 70-110 Cal

American, cheddar, provolone, Swiss, Pepper Jack

Dairy free cheese available upon request

EVERYDAY FAVORITES

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

OMELETS

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

TRY IT TODAY!

Spinach And Mushroom Omelet
With Swiss Cheese

\$4



CHAR GRILL BUFFET

Egg white 60 Cal.	\$0.55
Scrambled Eggs 80 Cal	\$0.55
	\$0.40
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.	

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



Asian Tacos

Entrée

1 protein. 2 sides,1 dressing Or

2 Tacos with 1 side

Flour tortillas, protein, sweet and spicy slaw & dressing with 1 side

Protein

Asian Chicken (1)

Asian Seitan (1) (v)

Dressings

Sambal Cheese Sauce Cilantro Sour Cream

6 Not Made with Gluten

Sides

Jasmine Rice **@ @ v**

Cauliflower Rice **G 0 v**

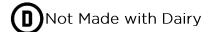
Szechuan Green Beans @ 10 V

Sweet & Spicy Slaw **G**

Garnish

Wonton Chips

Cilantro & Green Onion







CHAR GRILL

Burgers 440-890 Cal	\$4
Turkey, Garden or Black Bean	\$3
Cheesesteaks 540-890 Cal	¢.4
Beef, Chicken, Turkey or Black Bean	\$4 \$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

EVERYDAY FAVORITES

Sides 180-460 Cal

\$1.29

Fries, onion rings, mozzarella sticks

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!

Taco Bowl

\$4

Tortilla Bowl with choice of Beef or Chicken topped with lettuce, pico and cheese

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

SIGNATURE BOWLS



CHOOSE YOUR BASE

Basmati Rice Mixed Greens

PICK A VEGETABLE:

Chana Chaat Salad
Carrot Salad
Kachumber – Tomato,
Cucumber Salad
Pickled Red Onion

PICK A PROTEIN

Indian Sticky Chicken
Shrimp Tikka
Coconut Curry
with Cauliflower,
Zucchini
& Green Beans

PICK A CHUTNEY:

Mint Cilantro Chutney
Cucumber Mint Raita





DELICATESSEN

Chicken Caesar Wrap 460 Cal Grilled chicken, romaine, Caesar dressing, croutons,	\$4
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	\$3
Caprese Wrap 420 Ca Fresh mozzarella, tomato, lettuce, pesto and Balditional guttition information available upon request. 2,000 calor a day is used for general nutrition advice, but calorie needs vary.	ies

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 Made To Ordersen 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

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





			AM
California Turkey BLT 560 Cal Oven roast turkey, bacon, lettuce, tomato, avocado and chipotle mayonnaise	\$4	Add a side	
Grilled Chicken, Pesto and Mozzarella 520 Cal Grilled chicken, roasted red pepper, fresh mozzarella, spinach, and pesto	\$4	Signature Potato Chips 350 Cal House-made potato chips seasoned with salt and pepper.	
Szechuan Shrimp and Avocado 550 Cal Grilled Szechuan shrimp, avocado, red onion, Peppers, cilantro and arugula	\$4	Pasta Salad 350 Cal With tomato, carrots and mayonnaise, seasoned with salt and pepper	
Greek White Bean 445 Cal	\$4	Pickle Spear	A.M.
White bean spread, Kalamata olives, feta, cucumber, tomato, pickled onion and tzatziki sauce		Carrot Sticks	A STATE OF THE PARTY OF THE PAR

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

THE MARKET



Composed Salads

Crispy Citrus Cabbage Salad

Cabbage, Carrots, Cilantio, Red Onion, Apple, Radish, Jalapeno, Oil, Lemon, salt, Pepper, Dijon Mustard Crab Salad 270 Cal

Carrots, Broccoli, Imitation Crab, Red Onion, Celery, Salt, Pepper, Mayo, White Vinegar

Seaweed Salad

Gluten sensitive

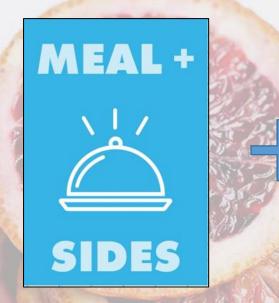
Pickled Cucumber

Gluten sensitive





What's included in your bundle?







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 Craveworthy 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.