

## 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

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** \$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

## 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** \$4

Tomato, pepper, onion, jalapeño, spinach, mushroom, broccoli, salsa

## TRY IT TODAY!

**Spinach And Mushroom Omelet** \$4

With Swiss Cheese



# CHAR GRILL BUFFET

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

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# g-mori

## RAMEN BAR

TOP IT OFF WITH SOME..

Chili Oil  
Togarashi  
Nori Square  
Soy Poached Egg  
Cilantro & Scallions

## MAKE YOUR OWN BOWL

### BASE

Ramen Noodles (D) (V)

Zucchini Noodles (G) (D) (V)

### BROTH

Curry Chicken (G) (D)

Mushroom Miso (D) (V)

Smokey Pork Shoyu (G) (D)

### PROTEIN

Shoyu Pulled Pork (G) (D)

Katsu Chicken

Katsu Cauliflower (D) (V)

### VEGGIES

Bok Choy & Cabbage (G) (D) (V)

Corn & Edamame (G) (D) (V)

Shoyu Mushrooms (G) (D) (V)

(G) Not Made with Gluten

(D) Not Made with Dairy

(V) Vegan



## CHAR GRILL

### Burgers 440-890 Cal

Beef \$4

Turkey, Garden or Black Bean \$3

### Cheesesteaks 540-890 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

**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

L A T I N   I N S P I R E D   F L A V O R S



# BUILD YOUR OWN BOWL

## Base

- Chopped Salad
- Yellow Rice & Quinoa

## Protein

- Chimichurri shrimp
- Garlic mushrooms
- Peruvian Chicken

## Side

- Sweet Plantain
- Brazilian Collard Greens

## Salsa

- Salsa Criolla
- Pickled Onion
- Spice roasted mixed peppers
- Chipotle mayonnaise

**Items on this menu are made  
without dairy or gluten**

# 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**

**\$3**

### **Caprese Wrap** 420 Ca

Fresh mozzarella, tomato, lettuce, pesto and balsamic glaze  
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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

## 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

## **Chimichurri Beef** 0 Cal

Seasoned beef, arugula, tomato, onion, Juanita pepper and pepperjack cheese

**\$4**

## **Chicken Chipotle Club** 620 Cal

Grilled chicken, aged cheddar, bacon, lettuce, tomato and chipotle mayonnaise.

**\$4**

## **Grilled Salmon Wrap** 550 Cal

Grilled salmon, romaine, tomato, onion, avocado and lemon cilantro aioli

**\$4**

## **Chickpea Tuna Wrap** 445 Cal

Chickpeas, capers, onion, celery, lemon, lettuce, tomato and mayonnaise

**\$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

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#### Crispy Citrus Cabbage Salad

**Cabbage, Carrots, Cilantro, 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?



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  
Craveworthy 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.