

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

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
	\$0.40
Turkey Bacon 110 Cal	
Veggie sausage 70 Cal.	

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MIX N MASH

Choose Your Base

Roasted Garlic Red Bliss Mashed Potato **G**

Mashed Sweet Potato **G**

Cauliflower, Parsnip & Carrot Mash **D** **V**

Choose 1 Protein

Braised Short Rib & Gravy **D**

Roasted Pulled Chicken & Gravy **D**

Braised Pulled Eggplant **G** **D** **V**

Choose 1 Vegetable

Corn & Peas **G** **D** **V**

Roasted Brussels Sprouts & Carrots **G** **D** **V**

Sautéed Cabbage & Wild Mushrooms **G** **D** **V**

Choose 1 Topping

Aged Cheddar Cheese

Frizzled Onions



Not Made with Gluten



Not Made with Dairy



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

CREATE YOUR OWN POKE BOWL

- 1. Base** – Jasmine Rice or Salad
- 2. Protein** - Sashimi Tuna, Tofu, Volcano Shrimp
- 3. Veggies** - Edamame, Radish, Cucumber, Red Onion, Carrots, Avocado, Red Cabbage
- 4. Garnish** - Seaweed, Pickled Ginger, Chopped Cilantro & Green Onion, Chili Oil
- 5. Drizzle** – Spicy Mayonnaise, Wasabi Mayonnaise

DIETARY SOLUTIONS

Items on this menu are not made with gluten or dairy

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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

\$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 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

DELICATESSEN

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

Roast Beef, Aged Cheddar 640 Cal

Roast beef, caramelized onion, aged cheddar, horseradish mayonnaise and arugula

\$4

Asian Turkey BLT 520 Cal

Turkey BLT with pickled red onions and pickled cucumbers with hoisin mayo

\$4

Ham and Brie 490 Cal

Ham, brie, arugula, apple and plum mayonnaise

\$4

Hummus and Spinach 445 Cal

Hummus, baby spinach, tomato, cucumber, crumbled feta and green olive spread

\$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

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 - 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.