



## BREAKFAST

Egg & Cheese Muffin (also w/Bacon)

Combo {Egg & Cheese Muffin, Hash Browns, Juice}

Three Cheese Omelette on a Bagel

Southwest Omelette Wrap

Fresh Fruit

Fresh Fruit Cup

Yogurt Parfait

Hash Browns

Cereal

## GNOSH™ SANDWICHES

Regular

Specialty

## SALAD & CHILI

Salad of the Day

Vegetables & Dip

Marinated Vegetable Salad

Side Salad

Lunch Salad

Chef's or Cajun Chicken Cæsar Salad

Texas-Style Chili Con Carne



## BEVERAGES

Coffee

Herb Teas

Hot Chocolate

Fountain Pop

Milk

Canned Pop

Juices

Bottled Water

Bottled Juice

AMP

Rockstar



## SUBS

Italian Deli Sub or Steak & Trimmings

Garden Vegetable

Seasoned Turkey

Roast Beef or Honey Ham

Louisiana Chicken

Special Sub of the Week

## GNOSH™ SANDWICHES

Regular

Specialty

## BAKERY

Muffin, Cookie

Bagel, Square, Cinnamon Roll

Fruit Turnover, Danish Pastry

Protein Bar

## SPECIALS & SOUP

Lunch Special One

Lunch Special Two

Soup of the Day

Soup & Lunch Salad Combo



## BURGER BAR

Deluxe {lettuce, tomato, onions, pickle}

Cheese Deluxe {Deluxe w/cheese}

Double BBQ {Deluxe w/two patties, bbq sauce, bacon}

Chicken Breast {lettuce, tomato}

HeartWize {vegetarian}

Chicken Fingers

*combos include fries & pop, HeartWize with fresh vegetables & pop*

## SIDES

French Fries

Poutine

## EXTRAS

Gravy or Cheddar Cheese

Swiss Cheese or Bacon