

Daily - Menu

Monday, March 20, 2023

Lunch

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
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Bowls

Modern Mediterranean Bowl	1 ea	620	22	6	670	65	13	38	Milk;Wheat; Alcohol	
Southwest Cowboy Bowl	1 ea	650	34	5	1430	64	9	22	Milk;Soy; Wheat	

Create Your Own - Dressing

Caesar	2 fl oz	50	5	1	95				Fish;Milk; Soy;Gluten Friendly; KosherStyle	
Lemon	1 ea	130	6	2	80	17	1	2	Eggs;Milk;	

Vinaigrette									Soy;Wheat
Chili Lime Cilantro	1 fl oz	80			400	20			Milk;Soy;Wheat;KosherStyle;Vegetarian
Bleu Cheese									
Chipotle Mayo	1 fl oz	180	20	3	230	2			Eggs;Sesame;Soy;KosherStyle;Vegetarian
Reduced Calorie Mayo	1 oz	80	8	1	190	2			Eggs;Soy;KosherStyle;Vegetarian
Balsamic Fig	2 fl oz	160			460	40			Gluten Friendly;KosherStyle;Vegan;Vegetarian
Ranch	2 fl oz	140	14	2	500	2		2	Eggs;Milk;Soy;Gluten Friendly;KosherStyle;Vegetarian

Create Your Own - Protein

Chicken	1 ea	1040	57	12	1680	81	8	49	Eggs;Fish;
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									Milk; Peanuts; Sesame;Soy; Tree nuts; Wheat; Alcohol
Grilled Steak	1 ea	1000	58	13	1570	81	8	40	Eggs;Fish; Milk; Peanuts; Sesame;Soy; Tree nuts; Wheat; Alcohol
Turkey	1 ea	890	46	11	2090	82	8	39	Eggs;Fish; Milk; Peanuts; Sesame;Soy; Tree nuts; Wheat; Alcohol

Salads

Cape Cod Chicken Salad	1 ea	650	26	7	1160	64	2	39	Milk; Peanuts; Tree nuts; Alcohol
Steak Chef	1 ea	400	14	2	1020	49	1	20	Milk;Soy;

Salad									Wheat
Seattle Caesar Salad	1 ea	330	19	2.5	450	8	2	27	Fish;Milk; Soy;Tree nuts;Wheat; Alcohol

Sandwiches

Steak Ciabatta	1 ea	850	52	14	1270	60	2	39	Eggs;Milk; Sesame;Soy; Wheat
Meatball Sub	0.5 ea	330	15	5	660	35	1	11	Eggs;Milk; Soy;Wheat
Chicken Tender Wrap	1 ea	770	43	11	1180	67	6	28	Milk;Soy; Wheat

Sides

Chicken Tenders	4 ea	890	66	11	1580	39	2	32	Eggs;Fish; Milk; Sesame;Soy; Wheat
Loaded Tots	1 ea	480	23	9	1120	48	2	14	Milk;Soy; Pork
French Fries	4 oz	390	29	5	590	31	1	3	Soy