

# Daily - Menu

Thursday, April 25, 2024

## Lunch

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

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

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|         |      |      |    |    |      |    |   |    |            |
|---------|------|------|----|----|------|----|---|----|------------|
| Chicken | 1 ea | 1040 | 57 | 12 | 1680 | 81 | 8 | 49 | Eggs;Fish; |
|---------|------|------|----|----|------|----|---|----|------------|

|               |      |      |    |    |      |    |   |    |                                                                                   |
|---------------|------|------|----|----|------|----|---|----|-----------------------------------------------------------------------------------|
|               |      |      |    |    |      |    |   |    | Milk;<br>Peanuts;<br>Sesame;Soy;<br>Tree nuts;<br>Wheat;<br>Alcohol               |
| Grilled Steak | 1 ea | 1000 | 58 | 13 | 1570 | 81 | 8 | 40 | Eggs;Fish;<br>Milk;<br>Peanuts;<br>Sesame;Soy;<br>Tree nuts;<br>Wheat;<br>Alcohol |
| Turkey        | 1 ea | 890  | 46 | 11 | 2090 | 82 | 8 | 39 | Eggs;Fish;<br>Milk;<br>Peanuts;<br>Sesame;Soy;<br>Tree nuts;<br>Wheat;<br>Alcohol |

#### Salads

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|                           |      |     |    |   |      |    |   |    |                                            |
|---------------------------|------|-----|----|---|------|----|---|----|--------------------------------------------|
| Cape Cod<br>Chicken Salad | 1 ea | 650 | 26 | 7 | 1160 | 64 | 2 | 39 | Milk;<br>Peanuts;<br>Tree nuts;<br>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;<br>Soy;Tree<br>nuts;Wheat;<br>Alcohol |

#### Sandwiches

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

#### Sides

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