

Hilltop Break - Menu

Tuesday, March 5, 2024

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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Deli Sandwiches

Turkey	1 ea	400	14	5	1040	55	5	16		
Tuna Salad	1 ea	450	14	1.5	1200	56	5	25		
Ham	1 ea	430	10	2.5	2080	56	5	28		
Vegetarian	1 ea	310	6	0.5	860	55	5	10		
Chicken Breast	1 ea	390	8	0.5	870	54	5	26		
Egg Salad	1 ea	540	23	6	1260	57	5	23		
Chicken Salad	1 ea	450	16	1.5	1050	56	5	22		

Grill: Burgers

Hamburger	1 ea	510	22	10	330	49	2	23	Eggs;Soy; Wheat
Western Cheddar Burger	1 ea	710	34	16	780	65	3	32	Milk;Soy; Wheat; Alcohol; Pork
Black Bean Burger	1 ea	430	3.5		520	81	7	16	Soy;Wheat; KosherStyle; Vegan; Vegetarian
Turkey Burger	1 ea	610	21	3.5	780	53	3	33	Eggs;Milk; Soy;Wheat
Double Hamburger	1 ea	760	43	20	400	49	2	38	Eggs;Soy; Wheat
Cheeseburger	1 ea	580	28	14	480	49	2	28	Eggs;Milk; Soy;Wheat
Mushroom Swiss Burger	1 ea	700	39	16	490	50	2	32	Milk;Soy; Wheat
Veggie Burger	1 ea	430	6		930	71	6	20	Soy;Wheat; KosherStyle; Vegan; Vegetarian
Double Cheeseburger	1 ea	910	55	27	700	49	2	48	Eggs;Milk; Soy;Wheat

Grill: Chicken

Chicken Tender Wrap	1 ea	750	39	10	1760	71	5	30	Eggs;Milk; Sesame;Soy; Wheat
Chicken Jalapeno	1 ea	880	51	17	2920	68	2	32	Eggs;Milk; Sesame;Soy; Wheat;Pork
Chicken Tenders, Small	2 ea	370	26	4	870	15	1	18	Eggs;Milk; Sesame;Soy; Wheat
Chicken Tenders, Large	1 ea	740	52	8	1730	30	2	36	Eggs;Milk; Sesame;Soy; Wheat

Grill: Grilled Cheese/BLT

Grilled Ham and Cheese	1 ea	640	41	13	1800	34	4	34	Milk; Sesame;Soy; Wheat;Pork
BLT	1 ea	730	52	12	1170	45	5	18	Sesame;Soy; Wheat;Pork
Grilled Cheese	1 ea	550	38	11	860	32	4	20	Milk; Sesame;Soy; Wheat; KosherStyle; Vegetarian
Grilled	1 ea	640	38	14	2270	48	2	23	Milk;Soy;

Cheese w/
Bacon and
Tomato

Wheat;Pork

Grill: Philly Sandwiches

Chicken Philly	1 ea	550	19	9	1010	52	3	41	Eggs;Milk; Soy;Wheat
Philly Steak Hoagie	1 ea	600	20	10	1020	53	3	49	Eggs;Milk; Soy;Wheat

Grill: Sides

Cheese Sauce	1 ea	80	6	1	470	6			Milk;Gluten Friendly; KosherStyle; Vegetarian
French Fries	5 oz	380	28	4	35	30	2	3	Soy; KosherStyle; Vegan; Vegetarian
Mozzarella Sticks	3 ea	500	35	10	1210	35	3	14	Eggs;Milk; Soy;Wheat; KosherStyle; Vegetarian
Onion Rings	1 ea	480	31	7	630	47	2	4	Milk;Soy; Wheat;

									Alcohol; KosherStyle; Vegetarian
Sweet Potato Fries	5 oz	370	21	2.5	220	40	5	2	Soy; KosherStyle; Vegan; Vegetarian
Corn Fritters	5 oz	390	30	11	730	54	3	5	Milk;Soy; Wheat; KosherStyle; Vegetarian
Mac and Cheese Bites	6 ea	460	33	8	830	31	3	8	Milk;Soy; Wheat; KosherStyle; Vegetarian