

Hilltop - Menu

Monday, March 20, 2023

Breakfast

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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Breakfast Sandwiches

Egg/Cheese English Bagel	6.7 oz	430	12	5	720	62	3	21	Eggs;Milk; Sesame;Soy; Wheat	
Egg/Cheese English Muffin	4.7 oz	270	12	5	490	26	1	16	Eggs;Milk; Sesame;Soy; Wheat	
Meat/Cheese English Bagel	6.1 oz	480	15	7	1060	66	3	22	Milk; Sesame;Soy; Wheat;Pork	
Meat/Cheese Croissant	4.3 oz	420	24	12	780	34	1	16	Milk;Soy; Wheat;Pork	
Meat/Cheese English	4.1 oz	320	14	7	820	30	1	17	Eggs;Milk; Sesame;Soy;	

Muffin									Wheat;Pork
Egg/Meat /Cheese English Muffin	6.1 oz	390	19	9	890	30	1	23	Eggs;Milk; Sesame;Soy; Wheat;Pork
Egg/Meat /Cheese English Bagel	8.1 oz	550	20	9	1130	66	3	28	Eggs;Milk; Sesame;Soy; Wheat;Pork
Egg/Cheese Croissant	4.9 oz	370	22	10	450	30	1	15	Eggs;Milk; Soy;Wheat
Egg/Meat /Cheese Croissant	6.3 oz	490	29	13	850	34	1	22	Eggs;Milk; Soy;Wheat; Pork

Breakfast Wraps

Egg, Meat & Cheese Wrap	1 ea	350	21	9	850	18		20	Eggs;Milk; Soy;Wheat; Pork
Egg & Cheese Wrap	1 ea	550	31	14	970	38	1	28	Eggs;Milk; Soy;Wheat
Meat & Cheese Wrap	5.2 oz	480	24	12	1210	40	1	23	Milk;Soy; Wheat;Pork

Grill

Tater Tots	5 oz	440	35	6	620	28	2	2	Soy
French Toast Sticks	6 ea	930	44	7	780	114	6	18	Eggs;Milk; Soy;Wheat
Chocolate Chip Pancakes	5 oz	330	10	6	700	61	3	6	Eggs;Milk; Soy;Wheat
Seasoned Fries	5 oz	310	21	3.5	520	25	3	3	Soy;Wheat; KosherStyle; Vegan; Vegetarian
Bacon	3 slice	120	4	4	380	11		8	Pork
Pancakes	4 oz	370	4.5	2.5	580	82	2	4	Eggs;Milk; Soy;Wheat
Blueberry Pancakes	5 oz	210	2	1	700	46	2	5	Eggs;Milk; Soy;Wheat
Sausage Patty	1.5 oz	180	17	6	210			6	Pork;Gluten Friendly
Croissant	2.3 oz	230	11	4.5	230	30	1	4	Milk;Soy; Wheat
English Muffin	2 oz	130	1		270	26	1	5	Eggs; Sesame;Soy; Wheat

Lighter Fare

Egg White w/ Spinach &	1 ea	180	1		420	28	1	14	Eggs; Sesame;Soy;
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Tomato on English Muffin									Wheat
Bagel with Butter	4.4 oz	300	2.5	1	510	62	3	10	Milk; Sesame; Wheat
Omelet Scramble No. 1 (egg whites, green peppers, mushrooms, tomatoes, shredded cheese)	6.5 oz	90	2.5	1.5	190	5	1	12	Eggs;Milk
Bagel with Cream Cheese	5 oz	360	9	4	610	64	3	11	Milk; Sesame; Wheat

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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Action Station 01. Pasta Bake

Penne Pasta	4 oz	230	1.5			47	1	8	Wheat;	
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									KosherStyle; Vegan; Vegetarian
Spicy Sausage	3 oz	270	23	8	800	3	1	13	Pork;Gluten Friendly
Bacon	1 oz	120	9	4	640			10	Pork;Gluten Friendly
Ham	3 oz	90	4					14	Gluten Friendly
Chicken Breast	1 ea	80	2	0.5	135			16	Gluten Friendly
Chicken Tenders	6 oz	480	32	5	810	23	1	21	Soy;Wheat
Pizza Sauce	4 oz	70	3.5		530	11		2	Gluten Friendly; KosherStyle; Vegan; Vegetarian
Alfredo Sauce	2 oz	130	11	3.5	320	4		3	Milk;Soy; Gluten Friendly
Broccoli	2 oz	15			15	3	2	2	Gluten Friendly; KosherStyle; Vegan; Vegetarian

Sliced Mushrooms	1 oz	25				1	1	Gluten Friendly
Diced Red Onions	0.5 oz	5				2		Gluten Friendly; KosherStyle; Vegan; Vegetarian
Diced Green Peppers	1 oz	5				1		Gluten Friendly; KosherStyle; Vegan; Vegetarian
Black Olives	1 oz	40	4	1	230	2	2	Gluten Friendly; KosherStyle; Vegan; Vegetarian
Diced Tomatoes	1 oz	5			45	1		Gluten Friendly; KosherStyle; Vegan; Vegetarian
Mozzarella Cheese	1 oz	90	7	4	200	1	6	Milk;Gluten Friendly; KosherStyle; Vegetarian
Parmesan Cheese	1 oz	110	9	3	430	6	6	Milk;Gluten Friendly;

KosherStyle;
Vegetarian

Action Station 02. Taco Bar

Beef Burrito	1 ea	700	43	17	2010	52	8	30	Milk;Soy; Wheat
Chicken Burrito	1 ea	670	36	13	1690	48	5	41	Milk;Soy; Wheat
Vegetarian Burrito	1 ea	550	31	11	1290	48	5	22	Milk;Soy; Wheat
Chicken Quesadilla	1 ea	920	45	21	2070	80	4	50	Milk;Soy; Wheat
Chicken Half Quesadilla	1 ea	540	29	14	1190	41	2	29	Milk;Soy; Wheat
Cheese Quesadilla	1 ea	820	42	21	1900	82	5	31	Milk;Soy; Wheat
Cheese Half Quesadilla	1 ea	470	26	14	1040	41	2	19	Milk;Soy; Wheat
Taco Salad	1 ea	450	27	11	1110	31	8	21	Milk;Soy; Wheat
Hard Taco	1 ea	320	18	6	600	11	2	28	Milk;Wheat; Pork
Soft Taco	1 ea	350	18	6	830	18	2	29	Milk;Soy; Wheat;Pork

Action Station 03. Mashed Potato Bar

Mashed Potatoes	3 oz	70	2.5		230	12	2	2	Milk;Soy; KosherStyle; Vegetarian
Mashed Sweet Potatoes	3 oz	160	3.5	2	270	31	4	3	Milk;Gluten Friendly; KosherStyle; Vegetarian
Bacon	1 oz	120	9	4	640			10	Pork;Gluten Friendly
Three-Bean Chili	0.1 fl oz	90	3		190	11	3	4	Soy
Gravy	1 fl oz	35	1.5	0.5	40	5		1	Milk;Soy; Wheat
Cheese Sauce	1 fl oz	80	6	4	360	2		4	Milk;Gluten Friendly; KosherStyle; Vegetarian
Shredded Cheddar Jack	1 oz	60	4.5	3	90	1		4	Milk;Gluten Friendly; KosherStyle; Vegetarian
Whipped Butter	0.5 oz	100	11	5	95				Milk;Soy; Gluten

Chopped Jalapenos	0.5 fl oz							Friendly; KosherStyle; Vegetarian
Crispy Onions	0.5 oz	25	2		20	2		Gluten Friendly
								Wheat; KosherStyle; Vegan; Vegetarian
Sour Cream	1 oz	60	5	3.5	20	2	1	Milk;Gluten Friendly; KosherStyle; Vegetarian

Action Station 04. Stir-Fry

Diced Chicken	3 oz	90	2.5		50		17	Gluten Friendly
Fire-Braised Pork Shoulder	3 oz	160	8	3	280		22	Pork;Gluten Friendly
Shrimp	4 oz	150	2.5		210	1	29	Shellfish
White Rice	2 oz	50				12	1	Gluten Friendly; KosherStyle; Vegan; Vegetarian

Rice Noodles	3 oz	300			35	69	3	5	Gluten Friendly; KosherStyle; Vegan; Vegetarian
Udon Noodles	4 oz	220	4.5		270	40	1	5	Eggs;Soy; Wheat
Red Chili Sauce	2 oz	110			530	27			Milk;Soy; Wheat; KosherStyle; Vegetarian
Teriyaki Sauce									
General Tso's Sauce									
Sweet & Sour Sauce									

Action Station 05. Loaded Waffle Fries

Waffle Fries	5 oz	480	39	7	530	32	2	3	Soy;Wheat
Fire-Braised Chicken Thigh	4 oz	190	9	2	400			27	Gluten Friendly
Fire-Braised Pork Shoulder	3 oz	160	8	3	280			22	Pork;Gluten Friendly
Bacon	1 oz	120	9	4	640			10	Pork;Gluten Friendly

Three-Bean Chili	0.1 fl oz	90	3		190	11	3	4	Soy
Black Beans	1 oz	40			45	7	2	2	Gluten Friendly; KosherStyle; Vegan; Vegetarian
Shredded Lettuce	2 oz	20			25	3	1	1	Gluten Friendly; KosherStyle; Vegan; Vegetarian
Shredded Cheddar Jack	0.3 oz	15	1	1	25			1	Milk;Gluten Friendly; KosherStyle; Vegetarian
Queso Cheese	2 oz	340	25	17	1520	8		17	Milk;Gluten Friendly; KosherStyle; Vegetarian
Sliced Jalapenos	3 oz	15			620	3	3	3	Gluten Friendly
Red Onions	0.5 oz	5				2			Gluten Friendly; KosherStyle; Vegan; Vegetarian

Chopped Scallions	0.3 oz					1			Gluten Friendly; KosherStyle; Vegan; Vegetarian
Sour Cream	1 oz	60	5	3.5	20	2		1	Milk;Gluten Friendly; KosherStyle; Vegetarian
Pico de Gallo	0.8 oz				50	1			Wheat; KosherStyle; Vegan; Vegetarian

Action Station 06. Macaroni & Cheese Bar

Macaroni and Cheese	1.1 lb	830	48	17	1630	71	3	30	Eggs;Milk; Soy;Wheat
Diced Chicken Breast	1 oz	30	1		15			6	Gluten Friendly
Fire-Braised Pork Shoulder	3 oz	160	8	3	280			22	Pork;Gluten Friendly
Bacon	1 oz	120	9	4	640			10	Pork;Gluten Friendly
Three-Bean Chili	0.1 fl oz	90	3		190	11	3	4	Soy

Shredded Cheddar Jack	1 oz	60	4.5	3	90	1		4	Milk;Gluten Friendly; KosherStyle; Vegetarian
Chopped Jalapenos	0.5 fl oz								Gluten Friendly
Onions	4 oz	50			5	12	2	1	Gluten Friendly; KosherStyle; Vegan; Vegetarian

Deli: Create Your Own Sandwich

Ham	1 ea	360	8	2.5	1910	44	5	27	Eggs;Milk; Sesame;Soy; Wheat; Alcohol; Pork
Vegetarian	1 ea	240	4	0.5	680	43	5	9	Eggs;Milk; Sesame;Soy; Wheat; Alcohol
Chicken Salad	1 ea	380	13	1.5	880	44	5	21	Eggs;Milk; Sesame;Soy; Wheat; Alcohol

Chicken Breast	1 ea	320	6	1	780	42	5	25	Eggs;Milk; Sesame;Soy; Wheat; Alcohol
Turkey	1 ea	430	13	5	1730	45	5	33	Eggs;Milk; Sesame;Soy; Wheat; Alcohol
Tuna Salad	1 ea	380	12	1.5	1030	44	5	24	Eggs;Fish; Milk; Sesame;Soy; Wheat; Alcohol
Egg Salad	1 ea	470	21	6	1090	45	5	22	Eggs;Milk; Sesame;Soy; Wheat; Alcohol

Deli: Lighter Fare

Egg Salad Deli Plate	1 ea	260	17	6	440	10	1	15	Eggs;Soy
Hummus Delight	1 ea	280	7	0.5	580	43	4	10	Sesame;Soy; Wheat
Tuna Salad Deli Plate	1 ea	170	8	1	390	8	1	16	Eggs;Fish; Soy
Veggie Club	1 ea	330	11	4.5	860	42	4	15	Eggs;Milk;

Chicken Salad Deli Plate	1 ea	170	10	1	230	8	1	13	Sesame;Soy; Wheat; Alcohol Eggs;Soy
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Deli: Specialty Sandwiches

The Brooklyn	1 ea	820	34	12	2930	70	4	44	Eggs;Milk; Soy;Wheat; Alcohol; Pork
Pesto Turkey Melt	1 ea	470	20	7	2230	47	3	26	Eggs;Milk; Soy;Wheat
Chicken Margarita	1 ea	690	38	12	2710	54	4	40	Eggs;Milk; Soy;Wheat
Grilled Chipotle Melt	1 ea	780	42	18	3410	45	3	55	Eggs;Milk; Soy;Wheat; Pork
Parmesan Melt	1 ea	580	23	10	1120	55	2	38	Milk;Wheat
Godfather Melt	1 ea	990	25	10	3670	134	6	50	Milk;Soy; Wheat;Pork
Gyro	6.8 ea	1300	83	33	1190	82	6	53	Eggs;Milk; Sesame;Soy; Wheat

Grill: Burgers

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

Grill: Chicken

Chicken Jalapeno	1 ea	1040	58	17	1860	87	8	35	Eggs;Milk; Sesame;Soy;
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Chicken Tender Wrap	1 ea	790	44	11	1370	70	5	28	Wheat; Alcohol; Pork Eggs;Milk; Sesame;Soy; Wheat; Alcohol
Chicken Tenders, Large	1 ea	830	61	10	1180	33	2	31	Eggs;Milk; Sesame;Soy; Wheat; Alcohol
Chicken Tenders, Small	2 ea	410	31	5	590	16	1	16	Eggs;Milk; Sesame;Soy; Wheat; Alcohol

Grill: Grilled Cheese/BLT

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
Grilled Cheese w/ Bacon and Tomato	1 ea	820	44	15	1480	70	8	30	Milk; Sesame;Soy; Wheat;Pork
Grilled Ham	1 ea	640	41	13	1800	34	4	34	Milk;

and Cheese

Sesame;Soy;
Wheat;Pork

Grill: Philly Sandwiches

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

Grill: Sides

Mozzarella Sticks	3 ea	500	35	10	1210	35	3	14	Milk;Soy; Wheat
Mac and Cheese Bites	4 oz	460	33	8	830	31	3	8	Milk;Soy; Wheat
Cheese Sauce	2 oz	80	6	1	470	6			Milk
Corn Fritters	5 oz	460	30	11	730	54	3	5	Milk;Soy; Wheat
Onion Rings	5.5 oz	480	31	7	630	47	2	4	Milk;Soy; Wheat; Alcohol
Sweet Potato Fries	5 oz	370	21	2.5	220	40	5	2	Soy
French Fries	5 oz	380	28	4	35	30	2	3	Soy

Pizza: Hot Subs

Veggie Sub	1 ea	500	23	5	840	56	5	17	Milk;Soy; Wheat
Vegan Meatball	1 ea	540	17	3	1440	73	6	28	Soy;Tree nuts;Wheat
Meatball	1 ea	720	39	16	1610	63	4	30	Eggs;Milk; Soy;Wheat
Chicken Parm	1 ea	820	37	14	2210	79	4	44	Milk;Soy; Wheat
Buffalo Chicken	1 ea	610	22	6	2210	72	4	31	Milk;Soy; Wheat

Pizza: Lighter Fare

Lighter Fare Three-Cheese	1 ea	360	9	4	750	55	2	16	Milk;Soy; Wheat
Lighter Fare Margherita	1 ea	420	15	6	690	54	3	15	Milk;Soy; Wheat
Lighter Fare Cheese	1 ea	350	8	4	700	53	3	15	Milk;Soy; Wheat
Lighter Fare Garden Fresh	1 ea	360	8	4	710	56	3	16	Milk;Soy; Wheat

Pizza: Mega Slice

Cheese	1 ea	370	14	8	790	42	3	19	Milk;Soy; Wheat
Pepperoni	1 ea	430	20	10	820	42	3	21	Milk;Soy; Wheat

Pizza: Personal

Veggie Delight	1 ea	710	19	11	1270	98	7	33	Milk;Soy; Wheat
Meat Lover's Pizza	1 slice	980	39	17	2130	108	6	45	Milk;Soy; Wheat;Pork
BBQ Chicken with Bacon	1 ea	880	22	11	1960	124	6	43	Milk;Soy; Wheat;Pork
Cheese Pizza	1 ea	840	25	12	1940	115	6	37	Milk;Soy; Wheat