

THE DELI

SERVED WITH KETTLE COOKED CHIPS, COLESLAW OR APPLESAUCE AND A PICKLE

TUNA MELT

White Tuna Salad, Cheddar Jack Cheese, Pretzel Roll
8.50 | 456 Cal

CHICKEN CAESAR WRAP

Romaine Lettuce, Chicken, Tomato, Parmesan Cheese
7.95 | 533 CAL

CRAB CAKE SANDWICH

House Made Broiled Crab Cake, Lettuce, Tomato, Toasted Brioche Roll
10.95 | 460 Cal

CLASSIC CLUB

Ham or Turkey with American Cheese, Lettuce, Tomato, Bacon, White or Wheat Toast
7.95 | 750 Cal

TURKEY & BRIE

Oven Roasted Turkey, Baked Brie Cheese, Cranberry Aioli, Avocado, Arugula Lettuce, Honey Glazed Ciabatta
8.50 | 705 Cal

BUILD YOUR DELI SANDWICH

Protein | Turkey, Ham and Tuna Salad
Cheese | American, Cheddar, Provolone, Swiss
Toppings | Lettuce, Tomato, Onion, Pickles
Bread | White, Wheat, and Marbled Rye
7.50 | *from* 360 Cal

HALF A DELI SANDWICH & SOUP

7.50 | *from* 350 Cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary

Effective: 09.9.24



MTO SALADS

APPLE SALAD

Arcadian Mix, Blue Cheese, Candied Pecans
Dried Cranberries, Sliced Apples, Apple Vinaigrette
Half...4.50|266 Cal Full...7.95|532 Cal (GF)

BLACK AND BLUE SALAD

Mixed Greens, Cucumber, Grape Tomatoes, Blue Cheese
Crumbles, Shaved Red Onion, Cajun French Fries
Blue Cheese Dressing
Half...4.50|160 Cal Full...7.95|320 Cal (GF)

CLASSIC CAESAR

Romaine, Parmesan Cheese, Croutons , Parmesan Crisp
Caesar Dressing
Half...3.50|200 Cal Full...7.95|400Cal

BUILD YOUR OWN SALAD

Your Choice of Greens with up to 6 toppings
Half...3.50|*from* 300 Cal Full...6.95|*from* 500 Cal

Additional Toppings 0.75 each

Add a Protein

Tuna Salad 4.00|300 Cal

6oz. Grilled Chicken Breast 4.00|280 Cal

(5) Grilled Shrimp 6.00|100 Cal

6oz. Grilled Salmon 6.00|400 Cal

6oz. Grilled Sirloin 6.00|350 Cal

Avocado 3.00| 140 Cal (V)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary

Effective: 09.9.24



THE GRILL

SERVED WITH HOUSE MADE CHIPS, COLESLAW OR APPLESAUCE AND A PICKLE

PHILLY CHEESESTEAK

American Cheese, Peppers, Onions, Mushrooms

Amoroso Roll

8.50 | 555 Cal

REUBEN SANDWICH

Corned Beef, Swiss Cheese, Thousand

Island Dressing, Sauerkraut, Grilled Rye Bread

8.50 | 660 Cal

CHEESE QUESADILLA

Cheddar Jack Cheese, Diced Tomato, Diced Red Onion

8.50 | 444 Cal (V)

Add Chicken 4.00 | 171 Cal

Add Shrimp 5.00 | 85 Cal

Add Steak 6.00 | 350 Cal

BUILD YOUR BURGER

Lettuce, Tomato, Choice of Cheese, Choice of 2 Toppings

Toasted Brioche

9.00 | 680 Cal

Black Bean Burger or the Impossible
Burger are **Always Available Upon**

Request (V)

8.50 | 478 Cal

2,000 calories a day is used for general nutrition
advice, but calorie needs vary

Effective: 09.9.24



ENTRÉE & SIDES

GRILLED SALMON

Honey Pecan Sauce

11.95 | 500 Cal (GF)

GRILLED SIRLOIN STEAK*

Caramelized Onions, Mushrooms, Black Garlic Butter

13.95 | 510 Cal

BUTTERNUT SQUASH RAVIOLI

Butternut Squash Ravioli, Brown Butter, Chopped Pecans,
Butternut Squash Straws

12.95 | 525 Cal (V)

HERB MARINATED GRILLED CHICKEN BREAST

Autumn Pumpkin Coulis

8.95 | 320 Cal

GRILLED SHRIMP & ROASTED RED PEPPER ALFREDO

Gulf White Shrimp, Spinach, Roasted Red Pepper Pesto, Grape
Tomatoes, Fettuccine Pasta, Creamy Alfredo 12.95 | Cal 635

SIDES

RICE PILAF 1.75

FRENCH FRIES 2.50

SWEET POTATO FRIES 2.50

MAC & CHEESE 2.50

WHIPPED POTATOES 1.75

BABY SPINACH 1.75

BABY CARROTS 1.75

GREEN BEANS 1.75

BROCCOLI 1.75

GRILLED SQUASH MEDLEY 1.75

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition
advice, but calorie needs vary

Effective: 09.9.24



BREAKFAST

BELGIAN WAFFLE

With Berries & Whipped Cream

4.99 | 525 Cal

BUTTERMILK PANCAKES

4.50 | 340 Cal

FRENCH TOAST

4.25 | 640 Cal

BREAKFAST QUESADILLA

Flour Tortilla with Scrambled Eggs, Ham and Cheddar

5.25 | 629 Cal

TWO EGGS SERVED ANY WAY

With choice of toast

2.95 | 629 Cal

BREAKFAST SANDWICH

TWO EGGS AND CHOICE OF:

MEAT – Ham, Bacon, Sausage

CHEESE – American, Cheddar, Provolone or Swiss

BREAD – Bagel, English Muffin or Croissant

5.25 | 528 Cal

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary

Effective: 09.9.24



BREAKFAST

BAKED OATMEAL

Peaches & Blueberries, Add Milk
3.95 | 525 Cal

EGG OMELET

Farm Fresh Eggs or Egg Whites and 3 add-ins.
Served with choice of Toast

Add-ins: Spinach, Tomatoes, Feta Cheese, Cheddar Cheese,
Onions, Peppers, Mushrooms, Bacon, Ham
Additional Add-Ins available at .75 each

5.25 | *from* 340 Cal

ALA CARTE ITEMS

Bacon, 3 strips
2.50 | 126 cal

Sausage Patties, 2 ea
2.50 | 132 cal

Hash Browns or Home Fries
2.50 | 185 cal

Toast and Butter

Cottage White Bread, Wheat Bread,
Wheat Kaiser, Marble Rye Bread,
Ciabatta, English Muffin
Gluten Free White Bread

1.00 | *from* 120 Cal

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition
advice, but calorie needs vary

Effective: 09.9.24