

# GRAB AND GO

MOBILE AND DESKTOP ORDERING IS HERE!

## GRAB + GO

	cal	Price
<b>HARD BOILED EGGS (2 EACH) VEG</b>	125	2.25
<b>GREEK YOGURT PARFAIT</b> Non-fat Plain Greek Yogurt, Mixed Berries, Honey Granola	250	3.25
<b>FRESH FRUIT CUP VEGAN</b> Cantaloupe, Honeydew, Pineapple, Grapes	120	4.25
<b>CHEESE + FRUIT PACK</b> Cheddar, Swiss, Grapes, Crackers	240	5
<b>HUMMUS SNACK PACK</b> Hummus, Pita, Carrots	310	3
<b>VEGETABLE CRUDITE VEGAN</b> Carrot, Celery, Grape Tomato,	160	2.50

## PASTRIES

	cal	Price
<b>FLIK CHOCOLATE CHIP COOKIES</b>	165	1.50
<b>BLUEBERRY / CORN MUFFIN</b>	440	1.50
<b>BANANA NUTS MUFFIN</b>	370	1.50
<b>ASSORTED BAGELS</b>	200-350	1.50

## BEVERAGES

	price
Smart Water 20 oz	2
Smart Water Sparkling	2
Pure Leaf	2.50
Soda (Coke, Diet Coke, Coke Zero Ginger Ale, Sprite)	1.50
Orange Juice	2.50

## GREENS + GRAINS

	cal	price
<b>GRILLED CHICKEN CAESAR</b> Romaine, Grilled Chicken, Croutons, Caesar Dressing, Parmesan	850	6
<b>THE COBB</b> Romaine, Bacon, Tomato, Hard Boiled Egg, Avocado, Blue Cheese, Balsamic	340	8
<b>CLASSIC CHEF'S SALAD</b> Turkey, Swiss Cheese, Balsamic Vinaigrette	640	6
<b>CHOPPED GREEK</b> Romaine, Feta, Kalamata Olives, Red Onion, Tomato, Balsamic Vinaigrette	310	6
<b>ROASTED VEGETABLES VEG</b> Mixed Grain, Tomato, Cucumber, Feta Italian Dressing	350	5
<b>STEAK BOWL</b> Mixed Grain, Roasted Peppers, Onions, Corn, Chipotle Aioli	595	8

## SANDWICHES

Come with a bag of chips

Craft your own sandwich, choice of bread, toppings and spreads

	cal	price
<b>ROASTED TURKEY</b>	100	6
<b>GRILLED CHICKEN</b>	190	6
<b>HAM</b>	180	6
<b>TUNA SALAD</b>	180	6
<b>CHICKEN SALAD</b>	270	6
<b>EGG SALAD</b>	290	6
<b>ROASTED VEGGIES VEGAN</b>	70	5
<b>ITALIAN</b> Salami, Capicola, Prosciutto, Mozzarella	800	7
<b>GRILLED CHICKEN PESTO</b> No Nut Pesto, Fresh Mozzarella, Focaccia	540	6
<b>BUFFALO CHICKEN WRAP</b> Crispy Buffalo Chicken, Blue Cheese, Romaine	560	6

Please be advised that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.

2000 Calories A Day Is Used For General Nutrition Advice, But Calorie Needs Vary. Additional Nutrition Information Available Upon Request.