

# a-la-carte create your own meal



## Proteins

- Chicken | \$2.95
- Salmon\* | \$6.95
- Tuna\* | \$9.50
- Sirloin\* | \$10.95
- Veggie Patty | \$2.95
- Turkey Patty\* | \$2.95
- Cottage Cheese | \$1.89



## Carbs

- Baked Potato | \$1.89
- Loaded Baked Potato | \$2.89
- Sweet Potato | \$1.89
- French Fries | \$1.89
- Quinoa | \$1.89
- Sweet Potato Fries | \$1.89
- Brown Rice | \$1.89
- Wild Rice | \$1.89



## Sides

- Steamed Veggies | \$1.89
- Cole Slaw | \$1.89
- Chips | \$1.89
- Fruit | \$1.89

● Entrees include less than 550 calories and less than 800mg of sodium. Sides include less than 200 calories. All items include less than 35% calories from fat, less than 10% from saturated fat and less than 0.5 grams of trans fat.

eat  
well

# soups & combos

**Soup Du Jour | \$2.95/cup; \$4.50/bowl**

**Soup & Salad | \$7.95; \$8.95 w/bowl**

A cup of soup served with your choice of a house salad, Caesar salad or salad bar.

**Soup & Sandwich | \$6.95/half; \$8.95/whole; \$9.95 whole w/bowl**

A cup of soup served with your choice of a half tuna sandwich, a half turkey lettuce and tomato sandwich, half of a grilled cheese, or veggie and hummus.

**Salad Bar & Potato | \$7.95**

Salad bar and your choice of a baked or sweet potato.

# salads

## Dressings

All salads served with warm French bread and your choice of dressings: Lite Italian, Ranch, Lite Ranch, Raspberry Vinaigrette, Bleu Cheese, Balsamic Vinaigrette, Creole, Garlic Herb Vinaigrette, Chipotle Ranch, Mango Vinaigrette, or Apple Vinaigrette.

**Add Ons | Chicken/\$2.95 | Salmon\*/\$6.95 | Tuna\*/\$9.50 | Sirloin\*/\$10.95**

**House Salad | \$3.95**

Mixed greens topped with tomato, cucumbers, red onions and cheddar-jack cheese.

**Cajun Chicken Salad | \$9.95**

Mixed greens tossed with tomatoes, grilled peppers and onions, cheddar-jack cheese, blackened chicken and a spicy Cajun dressing.

**Raspberry Chicken Salad | \$8.95**

Crisp romaine lettuce topped with sugared pecans, toasted almonds, dried cherries and a raspberry glazed chicken breast.

**Almond Chicken Salad | \$10.95**

A chicken breast encrusted in almonds, presented over a bed of mixed greens with red onions, dried cherries, almonds and apples.

**Ahi Tuna Salad\* | \$13.95**

A six-ounce tuna filet cooked to your liking and served over a bed of baby spinach with red onions, tomatoes, mushrooms and feta cheese.

**Courtside Cobb | \$9.95**

Mixed greens topped with grilled or fried chicken breast, bleu cheese crumbles, bacon bits, egg and tomatoes. Have your chicken spiced up buffalo style for no extra charge.

**Caesar Salad | \$6.95**

Crisp romaine lettuce tossed with zesty garlic and Parmesan dressing, finished with grated Parmesan cheese and croutons.

**Southwest Salmon Salad\* | \$13.95**

Mixed greens topped with grilled peppers and onions, tomatoes, cheddar-jack cheese and our homemade chipotle ranch dressing.

**Apple Brie Salad | \$8.95**

Baby spinach tossed with toasted almonds, red onions, dried cherries, fresh apples, brie cheese and our homemade apple vinaigrette dressing.

**Mango Salmon Salad\* | \$13.95**

Salmon grilled with a cumin and brown sugar crust served over a bed of baby spinach with bleu cheese crumbles, red onions, cherry tomatoes and homemade mango vinaigrette dressing.

**Hummus Bowl Salad | \$6.95**

Baby spinach topped with brown rice, and homemade hummus served with toasted pita bread.

**Salad Bar | \$6.50**



\*Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

# appetizers

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## **Greek Za | \$8.50**

A crisp flour tortilla topped with fresh pesto, grilled mushrooms, onions, tomatoes, spinach and Feta cheese.

## **Mozzarella Sticks | \$4.95**

A favorite with the kids. Get 6 with marinara or ranch for dipping.

## **Chicken Tenders | \$6.95**

Four all white meat chicken tenderloins served regular or buffalo style with your choice of ranch, bbq or honey-mustard for dipping.

## **Hummus | \$6.95**

Homemade Hummus served with toasted pita bread, celery sticks and carrot sticks.

## **Nachos | \$7.95**

Your choice of beef, chicken, or bean served with lettuce, tomato and cheddar-jack cheese.

## **Ahi Tuna Appetizer\* | \$12.95**

An eight-ounce tuna steak seared rare and served over baby spinach with a mango drizzle.

# burgers

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## **The Burger\* | \$7.95**

Certified Angus burger grilled to your liking and served on a Kaiser Roll with lettuce, tomato, onion and pickle.

## **Veggie Burger\* | \$7.95**

Grilled veggie patty served on a Kaiser roll with lettuce, tomato, onion and pickle.

## **Black & Bleu Burger\* | \$9.95**

Certified Angus burger grilled to your liking with Cajun spices and finished with melted bleu cheese crumbles.

## **Turkey Burger\* | \$7.95**

Lean turkey patty cooked to well and served on a Kaiser roll with tomato, onion and pickle.

## **Bacon Cheeseburger\* | \$8.95**

Our Angus burger topped with bacon and your choice of cheese.

# sandwiches & wraps

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## **Pesto Mozzarella Panini | \$9.95**

Grilled chicken on Panini grilled multi-grain artisan bread with homemade pesto with fresh tomatoes and wet mozzarella cheese.

## **Mediterranean Chicken Sandwich | \$9.25**

Grilled chicken, cucumbers, red onion, tomatoes, spinach, Feta cheese and roasted garlic vinaigrette dressing served on grilled multi-grain artisan bread.

## **Chicken Kalamata Wrap | \$8.95**

Grilled chicken in a flour tortilla with brown rice, baby spinach, kalamata olives and our homemade hummus.

## **Wasabi Beef Panini | \$9.95**

Shaved roast beef served on Panini grilled multi-grain artisan bread with grilled peppers and onions, provolone cheese, and wasabi Aioli.

## **The Melt | \$8.95/whole; \$5.95/half**

Your choice of tuna or chicken salad served open faced on Texas toast and baked with provolone cheese.

## **Brie Panini | \$7.95**

Brie cheese served on Panini grilled sourdough bread with apple slices, red onions, baby spinach and a drizzle of raspberry vinaigrette dressing.

## **Club Roll Up | \$7.95**

Grilled turkey breast wrapped in a flour tortilla with bacon, Cheddar-Jack cheese, lettuce and tomato.

## **Southwest Chicken Wrap | \$8.95**

Grilled chicken, lettuce, tomato, cheddar-jack cheese and our homemade Chipotle Ranch dressing in a flour tortilla.

## **Chicken Caesar Roll Up | \$8.25**

Grilled chicken breast wrapped in a flour tortilla with crisp romaine lettuce, parmesan cheese and Caesar dressing.

## **Georgia Reuben | \$8.25**

Grilled turkey breast, Swiss cheese and coleslaw served on grilled marble rye bread.

## **Veggie Hummus Wrap | \$6.95**

Baby spinach, cucumbers, red onions, tomatoes, brown rice and our homemade hummus wrapped in a flour tortilla.

## **Ahi Tuna Wrap\* | \$13.95**

Ahi Tuna grilled to your liking and wrapped with baby spinach, red onions and our homemade mango-vinaigrette dressing.

## **Portabella Wrap | \$8.25**

Portabella mushrooms grilled with artichoke hearts and tomatoes, wrapped in a flour tortilla with baby spinach, Feta cheese and garlic-herb vinaigrette dressing.

## **Mujadara Wrap | \$7.25**

Homemade mujadara wrapped with lettuce, tomato and our homemade hummus wrapped in a flour tortilla.



# breakfast

## Build Your Own Omelet\* | \$3.95

A fluffy 3 egg omelet stuffed with your choice of 2 of the following items: ham, bacon, sausage, tomatoes, mushrooms, onions, peppers, spinach, cheddar, swiss, parmesan, feta or mozzarella cheese. \$.50 per additional item, add home fries for \$1.50.

## Breakfast Burrito\* | \$3.95

Your choice of flour or low-carb wheat tortilla stuffed with scrambled eggs and your choice of 2 of the following items: ham, bacon, sausage, tomatoes, mushrooms, onions, peppers, spinach, cheddar, swiss, parmesan, feta or mozzarella cheese. \$.50 per additional item, add home fries for \$1.50.

## Mac Breakfast\* | \$5.50

Two eggs any style, with choice of ham, bacon or sausage, toast and home fries.

## Bagel Sandwich\* | \$4.95

Fried or scrambled eggs and your choice of two of the following items: ham, bacon, sausage, tomatoes, mushrooms, onions, peppers, spinach, cheddar, swiss, parmesan, feta or mozzarella cheese. \$.50 per additional item, add home fries for \$1.50.

## Great Harvest French Toast\* | \$3.95

Three slices of great harvest cinnamon swirl bread served with butter and syrup.

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# 4 kids

## Kid's Meal | \$4.95

Includes 1 entree, 1 side and 1 beverage.

**Entrees:** Chicken Tenders, Burger (cooked well), Hotdog, Turkey dog, Spaghetti with whole wheat pasta, Macaroni & Cheese, Grilled Cheese, Pita Pizza with marinara and lite mozzarella on whole wheat pita, and Turkey, Lettuce and Tomato on whole wheat bread.

**Sides:** Steamed Veggies, Cottage Cheese, French Fries, Fruit, Cole Slaw, Brown Rice, Sweet Potato Fries or Quinoa

# beverages

## Regular Drinks | \$1.95

Including Coke, Diet Coke, Cherry Coke, Sprite & Root Beer, Ice Tea, Lemonade, Cranberry Juice, Apple Juice, Orange Juice, Milk or Chocolate Milk.

## Smoothies | Small: \$4.19; Large: \$5.25

**Strawberry Banana** includes strawberries, bananas, ice, water and protein powder.

**Strawberry Blueberry Banana** includes strawberries, blueberries, bananas, flaxseed, ice, water and protein powder.

**Energy Booster** includes carrot juice, strawberries, pineapples, peaches, protein powder and ice.

**Immunity** includes white cranberry juice, blueberries, raspberries, pineapples, protein powder and ice.

**Recovery** includes white cranberry juice, bananas, strawberries, pineapples, protein powder and ice.

**Muscle Builder** includes milk, bananas, graham crackers, ice and your choice of vanilla or chocolate protein powder.

