



# Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u><b>Grill Works</b></u>	<u><b>Grill Works</b></u>	<u><b>Grill Works</b></u>	<u><b>Grill Works</b></u>	<u><b>Grill Works</b></u>	<u><b>Grill Works</b></u>	<u><b>Grill Works</b></u>
Beef Stew Mashed Potatoes Peas & Carrots (GF)(VG) 35 Cal, 8oz	Spicy Korean Chicken Thighs (GF)(DF)(BW) 288.4 Cal, 5oz White Rice 150 Cal, 1oz	BBQ Pork Sandwich (GF)(DF)(BW) 290 Calories BBQ Potato Chips 150 Cal, 1oz	Wrangler Burger (GF)(DF)(BW) 501.1 Calories Curly French Fries 110 Cal, 3oz	Andouille Sausage with Roasted Red Peppers (GF) 274 Cal Crinkle Cut French Fries (GF)(VG) 110 Cal, 3oz	Muffaletta Hoagie (GF available) (BW) 352 Calories Harvest Cheddar Chips 150 Cal, 1oz	BBQ Chicken Wings (GF) 398 Calories Grilled  Roasted Yellow Squash (GF)(VG)(BW) 125 Cal, 4oz
<u><b>Pizza/Al Dente's</b></u>	<u><b>Pizza/Al Dente's</b></u>	<u><b>Pizza/Al Dente's</b></u>	<u><b>Pizza/Al Dente's</b></u>	<u><b>Pizza/Al Dente's</b></u>	<u><b>Pizza/Al Dente's</b></u>	<u><b>Pizza/Al Dente's</b></u>
Cornell Linguini	Blackened Alfredo Pasta Bake (BW)(VG) 305.4 Cal, 7.32oz	Sausage Pizza 459.9 Cal, Slice Cheese Pizza 297.3 Cal, Slice	Spaghetti with Italian Sausage, Olives, & Mushrooms 504 Cal, 8oz	Dessert Pizza 250 Cal, Slice	Pasta (VG)(BW)(GF Available) 170 Cal, 5oz Vodka Sauce 78.7 Cal, 6oz	Chicken Tetrazzini 321 Cal, 1 Cup
<u><b>Comfort Zone</b></u>	<u><b>Comfort Zone</b></u>	<u><b>Comfort Zone</b></u>	<u><b>Comfort Zone</b></u>	<u><b>Comfort Zone</b></u>	<u><b>Comfort Zone</b></u>	<u><b>Comfort Zone</b></u>
Blueberry Pancakes 115 Cal. Each Syrup 100 Cal, 2T Scrambled Eggs 70 Cal, 3T Ham Steaks 80 Cal, 3oz Tri-Tater 100 Cal, Ea.	Turkey Ala King (GF)(DF) 262 Cal, ea. Sweet Hawaiian Rolls 119 Cal, 4oz Japanese Blend 50 Cal, 1/3 Cup	Chicken Marsala (GF)(DF) 614.4 Cal, Ea. Wild Rice (GF)(VG) 117 Cal, 4 oz Roasted Cauliflower (GF)(VG)(BW) 37.9 Cal, 4oz	Smothered Pork Chops (GF)(DF)(BW) 427 Cal, 3 Ea. Mashed Potatoes (GF) 116 Cal, 4oz Pork Gravy Broccoli & Carrots (GF)(VG)(BW) 30 Cal, 8oz	Lemon Chicken (GF)(DF)(BW) 427 Cal, 3 Ea. Au Gratin Potatoes (GF) 116 Cal, 4oz Dijon Braised Brussels Sprouts (GF)(VG)(BW) 30 Cal, 8oz	Adobo Chicken Thighs (GF)(DF)(BW) 361.5 Cal, 4oz White Rice (GF)(VG) 103 Cal, 4oz Green Beans (GF)(VG)(BW) 50 Cal, 4oz	Biscuits 200 Cal. Each Country Gravy 50 Cal, 2oz Scrambled Eggs 70 Cal, 3T Kielbasa 160 Cal, Ea. Diced Potatoes 80 Cal, 2/3 Cup
<u><b>Herbs Garden</b></u>	<u><b>Herbs Garden</b></u>	<u><b>Herbs Garden</b></u>	<u><b>Herbs Garden</b></u>	<u><b>Herbs Garden</b></u>	<u><b>Herbs Garden</b></u>	<u><b>Herbs Garden</b></u>
Vegan Spaghetti Bolognese (GF)(VG) 355 Cal, 5oz	Spicy Korean Tofu 508 Cal 4 oz	Buffalo Cauliflower & Tofu Poppers (GF)(VG) 176 Cal, 8oz	Quinoa & Butternut Squash (GF)(Vegan) 90.4 Cal, 3oz	Vegan Grilled Veggie Wrap 419 Cal, 4oz	Adobo Egg 119 Cal / Each	
<u><b>Showthyme</b></u>	<u><b>Showthyme</b></u>	<u><b>Showthyme</b></u>	<u><b>Showthyme</b></u>	<u><b>Showthyme</b></u>	<u><b>Showthyme</b></u>	<u><b>Showthyme</b></u>
Build Your Own Waffle Station 270 Cal, Ea	Chipotle Chicken Nachos (GF)(DF)(BW) 746.7 Cal, Ea. With all options	Buffalo Chicken Wrap (GF)(DF) 1613.1 Cal, Ea. With all options	Baked Potato Bar (GF)(DF)(BW) 746.7 Cal, Ea. With all options	Smokey BBQ Chicken Wrap (GF)(DF) 1214.1 Cal, Ea. With all options	Paradise Alley (GF)(VG) 1055.8 Cal, Ea. With all options	Build Your Own Waffle Station 270 Cal, Ea