



Lunch Menu



Sunday

Grill Works

Tater Tot Casserole
Green Beans (GF)(VG)
35 Cal, 8oz

Pizza/Al Dente's

Penne Ala Rosa
504 Cal, 8oz

Comfort Zone

Pancakes
115 Cal. Each
Syrup
100 Cal, 2T

Scrambled Eggs

70 Cal, 3T

Ham Steaks

80 Cal, 3oz

Tri-Tater

100 Cal, Ea.

Herbs Garden

Arrabbiata Beans

(GF)(VG)

355 Cal, 5oz

Showthyme

Build Your Own Waffle

Station

270 Cal, Ea

Monday

Grill Works

BBQ Pork Riblet on a
Bun
354.7 Calories

Potato Chips
150 Cal, 1oz

Pizza/Al Dente's

Mediterranean Fire

Roasted Tomato
Spaghetti (BW)(VG)
305.4 Cal, 7.32oz

Comfort Zone

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

Herbs Garden

BBQ Baked Tofu

(GF)(Vegan)
90.4 Cal, 3oz

Showthyme

Kalamata

746.7 Cal, Ea.

With all options

Tuesday

Grill Works

BBQ Pork Sandwich

190 Calories

French Fries

110 Cal, 3oz

Pizza/Al Dente's

Beef & Bacon Pizza

459.9 Cal, Slice

Cheese Pizza

297.3 Cal, Slice

Comfort Zone

Chicken Fried Steak

320 Cal, ea.

Mashed potatoes &

Gravy

293.3 Cal, 8oz

Roasted Mushrooms

(GF)(VG)(BW)
125 Cal, 4oz

Herbs Garden

Buffalo Cauliflower &

Tofu Poppers (GF)(VG)

176 Cal, 8oz

Showthyme

Chicken Cordon Bleu

Wrap

(GF)(DF)

1214.1 Cal, Ea.

With all options

Wednesday

"The Caf" will
close After Dinner

@7pm on
11-21-23

We will re-open
for Dinner @5pm
on 11-26-23

Have a fun and
safe Holiday
weekend!

Thursday

Happy
Thanksgiving



Saturday

