



# Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Flame</u></b> Thai Mango Chicken Stir Fry (GF)(BW) 117 Cal, 4 oz</p> <p>Seasoned Brown Rice (GF)(BW)(VG) Baby Carrots (GF)(VG)(BW) 82 Cal, 4oz</p> <p><b><u>Sauce &amp; Stone</u></b> Beefy Mac (DF)(BW) (GF Available) 392 Cal, 8oz</p> <p><b><u>Classic Kitchen</u></b> Pancakes 115 Cal. Each Syrup 100 Cal, 2T Scrambled Eggs 70 Cal, 3T Ham Steaks 80 Cal, 3oz Tri-Tater 100 Cal, Ea.</p> <p><b><u>Season's Harvest</u></b> Thai Mango Tofu Stir Fry (GF)(BW) 198 Cal, 8oz</p> <p><b><u>Showthyme</u></b> Build Your Own Waffle Station 270 Cal, Ea</p>	<p><b><u>Flame</u></b> Homestyle Chicken Sandwich Sour Cream &amp; Onion Potato Chips 150 Cal, 1oz</p> <p><b><u>Sauce &amp; Stone</u></b> Tater Tot Casserole 392 Cal, 8oz</p> <p><b><u>Classic Kitchen</u></b> Asian Pork Loin (GF)(DF) 754 Cal, Ea. Garlic Rice (GF) Gochujang Edamame (GF)(VG)(BW) 137.9 Cal, 4oz</p> <p><b><u>Season's Harvest</u></b> Asian Zucchini 209 Cal, 4oz (GF)(VG)(BW)</p> <p><b><u>Showthyme</u></b> Pasta Bar (GF) 791.6 Cal, Ea. With all options</p>	<p><b><u>Flame</u></b> Adobo Chicken Tacos (GF)(DF) Seasoned Black Beans (GF)(VG)</p> <p><b><u>Sauce &amp; Stone</u></b> Chicken Florentine Pizza 335 Cal, Slice Cheese Pizza 297.3 Cal, Slice</p> <p><b><u>Classic Kitchen</u></b> Country Fried Pork Broccoli Cheddar Rice California Blend (GF)(VG)</p> <p><b><u>Season's Harvest</u></b> Vegan Schnitzel 156 Cal, Ea.</p> <p><b><u>Showthyme</u></b> The Spicy Bird Wrap 1275 Cal, Ea. With all options (GF)(VG)</p>	<p><b><u>Flame</u></b> Beef Gyro (GF)(DF) Cucumber Salad 130 Cal, 9oz</p> <p><b><u>Sauce &amp; Stone</u></b> Red Pepper &amp; Spinach Orzo 339 Cal, 1 Cup</p> <p><b><u>Classic Kitchen</u></b> Baked Pork Loin with Apples &amp; Thyme (GF)(BW) 117 Cal, 4 oz Baked Potato Casserole (GF)(BW)(VG) 117 Cal, 4 oz Green Beans (GF)(VG)(BW) 40 Cal, 6oz</p> <p><b><u>Season's Harvest</u></b> Zucchini Fritter Gyro (GF)(BW) 198 Cal, 8oz</p> <p><b><u>Showthyme</u></b> Waffle Bar 1611 Cal, Ea. With all options</p>	<p><b><u>Flame</u></b> Turkey Burger 430.9 Ca Shoestring French Fries 110 Cal, 3oz</p> <p><b><u>Sauce &amp; Stone</u></b> Bacon Cheeseburger Pizza 473 Cal, Slice Cheese Pizza 297.3 Cal, Slice</p> <p><b><u>Classic Kitchen</u></b> Classic Beef Meatloaf Mashed Potatoes (GF) Brown Gravy (GF) Green Peas with Pearl Onions (GF)(VG)</p> <p><b><u>Season's Harvest</u></b> Vegan Meatloaf</p> <p><b><u>Showthyme</u></b> Firecracker Chicken Wrap 1044.7 Cal, Ea. With all options GLUTEN FREE CHICKEN WRAPS AVAILABLE</p>	<p><b><u>Flame</u></b> Orange Chipotle Tilapia (GF)(DF) 590 Calories Plain Lays Potato Chips 150 Cal, 1oz</p> <p><b><u>Sauce &amp; Stone</u></b> Mexican Beef &amp; Penne Pasta <b><u>Classic Kitchen</u></b> Chicken Curry (GF)(DF) White Rice (GF)(DF) Stir Fry Blend (GF)(VG)</p> <p><b><u>Season's Harvest</u></b> Sweet Potato &amp; Kale Curry (GF)(VG) 356 Cal</p> <p><b><u>Showthyme</u></b> Blue Cheese Chopped Salad (GF)(VG) 973 Cal, Ea. With all Options</p>	<p><b><u>Flame</u></b> Spicy Orange Sesame Chicken Chunks 208 Calories GF available Sour Cream &amp; Onion Chips 150 Cal, 1oz Winter Blend 25 Cal, 6oz</p> <p><b><u>Sauce &amp; Stone</u></b> Spaghetti Casserole 629 Cal, 6oz (GF Available)</p> <p><b><u>Classic Kitchen</u></b> Biscuits 200 Cal. Each Country Gravy 50 Cal, 2oz Scrambled Eggs 70 Cal, 3T Sausage Patty 160 Cal, Ea. Diced Potatoes 80 Cal, 2/3 Cup</p> <p><b><u>Season's Harvest</u></b> Vegan Orange Sesame Nuggets (VG) 384 Cal, 2 Ea.</p> <p><b><u>Showthyme</u></b> Build Your Own Waffle Station</p>