Vegetarian Menu

Special diets get special attention. It’s a family thing.™

Soups
Organic Vegetable 190 cal bowl/140 cal cup
Tomato Basil 510 cal bowl/330 cal cup

Salads
Garden-Fresh Salad Bar
(excluding bacon and regional recipes)
Mesa Chicken Salad (request no chicken)
710 cal original/350 cal lighter portion Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.
Nutty Mixed-Up Salad (request no chicken)
630 cal original/350 cal lighter portion Organic field greens, feta, grapes, cranberry-walnut mix, organic apples, balsamic vinaigrette.
Chicken Club Salad (request no chicken or bacon)
950 cal original/410 cal lighter portion Sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

Sandwiches & Wraps
Grilled Cheese & Tomato Soup Combo 610 cal 90% Thank! Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

Build Your Own Veggie Sandwich
Your choice of bread, cheese, spreads and toppings!

Kid’s Menu
Mac & Cheese 420 cal
Grilled Cheese 450 cal wheat/480 cal white
Cheese Pizza 470 cal
Kid’s Baked Potato (request no bacon) 640 cal

Sides
American potato salad 8 oz/510 cal
Italian pasta salad 8 oz/350 cal
Roasted corn & black bean salad 8 oz/240 cal
3 bean salad 8 oz 300 cal
Steamed veggies 60 cal
Pickle 1 spear/5 cal
Fresh fruit cup 60-140 cal (dip: 150 cal)
Chips or baked chips 100-150 cal
Blue corn tortilla chips & guacamole 410 cal
Blue corn tortilla chips & salsa 250 cal
Blue corn tortilla chips & roasted red pepper hummus 420 cal

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.
2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

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