

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 *Add an egg* for an extra charge*

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 *Add an egg* for an extra charge*

Grilled Cheese & Tomato Soup Combo
610 cal *It's Back!* Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

Spinach Veggie Wrap
430 cal Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

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

Pastas *Served with toasted herb focaccia bread. (210/110 cal)*

Pasta Alfredo (request no chicken)
1090 cal original/680 cal lighter portion Penne pasta topped with creamy Alfredo sauce, Asiago.

Zucchini Garden Pasta
1080 cal original/700 cal lighter portion Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

The Plain Jane® (request no bacon)
1650 cal original/960 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, green onions.

Vegan All The Way

Organic Vegetable Soup 190 cal bowl/140 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)
550 cal original/310 cal lighter portion
Served with balsamic vinaigrette.

Spinach Veggie Wrap (request no cheese)
290 cal Organic wheat wrap with mushrooms, organic spinach, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies 60 cal (broccoli, zucchini, organic carrots)

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Bowl or Fresh Fruit Cup (request no fruit dip) 60-250 cal

All chip flavors 150 cal

Salad Bar Choices

Mixed salad greens	Beets	Spicy giardiniera
1 cup/5 cal	1 beet/5 cal	2 oz/130 cal
Organic field greens	Green peas	Croutons
1 cup/5 cal	2 oz/35 cal	4 oz/140 cal
Organic spinach	Zucchini sticks	All crackers
1 cup/10 cal	2 oz/5 cal	(except 3 Seed & Sea Salt Flatbread)
Grape tomatoes	Hummus - Roasted Red Pepper	Dressings 2 oz.
4 tomatoes/15 cal	2 oz/100 cal	Extra Virgin Olive Oil
Broccoli	Cranberry walnut mix	110 cal (bottle)
4 oz/15 cal	1 oz/80 cal	Balsamic Vinegar
Mushrooms	Red onion rings	60 cal (bottle)
2 oz/5 cal	2 pieces/5 cal	Red Wine Vinegar
Organic baby carrots	Cucumber slices	10 cal (bottle)
5 carrots/10 cal	3 slices/5 cal	Balsamic Vinaigrette
Red/yellow bell pepper	Kalamata olives	140 cal
4 strips/10 cal	5 olives/25 cal	
Artichoke hearts	Stuffed green olives	
2 oz/10 cal	5 olives/30 cal	
Italian peppers	Jalapeños	
1 pepper/5 cal	2 oz/5 cal	
Organic apple slices	Piquillo peppers	
5 slices/30 cal	2 oz/15 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.