# Home

**Be Well Plate**
- Vegan Shepherd's Pie: 250 Cal, $4.99
- Roasted Autumn Vegetables: 60 Cal, $1.39
- Fresh Whole Green Beans: 30 Cal, $1.39

**Beef Plate**
- Country-Style Meatloaf: 280 Cal, $4.99
- Traditional Stuffing: 160 Cal, $1.39
- Mushroom & Peas: 100 Cal, $1.39

# Oliolo

- Grilled Falafel Bowl: 530 Cal, $8.99
- Lemon Rosemary Chicken Bowl: 590 Cal, $8.99
- Grilled Salmon Bowl: 570 Cal, $9.99

# Deli

- Three Cheese Panini: 450 Cal, $4.99
- Turkey & Brie Sandwich: 380 Cal, $6.49

# Grill

- Carnitas Burrito: 580 Cal, $7.79

# Simmer

- Chicken Double Noodle Soup: 140-280 Cal, $1.89-2.99
- Black Bean Soup: 150-300 Cal, $1.89-2.99
- Turkey Chili: 190-380 Cal, $2.19-3.19

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.
LANTERN CAFÉ

HOME

Be Well Plate

Korean BBQ Pork          180 Cal  $4.99
Gochujang Roasted Potatoes 100 Cal  $1.39
Baby Bok Choy              15 Cal   $1.39

Chicken Plate

General Tso’s Chicken       490 Cal  $4.29
Brown Rice                   110 Cal  $1.39
Kimchi-Style Cabbage        60 Cal   $1.39

OLILO

Grilled Falafel Bowl         530 Cal  $8.99
Lemon Rosemary Chicken Bowl  590 Cal  $8.99
Grilled Salmon Bowl          570 Cal  $9.99

DELI

Three Cheese Panini          450 Cal  $4.99
Turkey & Brie Sandwich       380 Cal  $6.49

GRILL

Carnitas Burrito             830 Cal  $7.79

SIMMER

Chicken Double Noodle Soup   140-280 Cal $1.89-2.99
Chipotle Chicken Tortilla Soup  130-260 Cal $1.89-2.99
Tomato Basil Soup            170-340 Cal $1.89-2.99

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## HOME

**Be Well Plate**
- Beef Flank Steak 190 Cal $4.99
- Baked Sweet Potato 120 Cal $1.39
- Roasted Asparagus 45 Cal $1.39

**Vegetarian Plate**
- Buffalo Cauliflower Wings 230 Cal $4.29
- Herb Roasted Red Potatoes 100 Cal $1.39
- Garlic Roasted Vegetables 60 Cal $1.39

## OLIOLO

- Grilled Falafel Bowl 530 Cal $8.99
- Lemon Rosemary Chicken Bowl 590 Cal $8.99
- Grilled Salmon Bowl 570 Cal $9.99

## DELI

- Three Cheese Panini 450 Cal $4.99
- Turkey & Brie Sandwich 380 Cal $6.49

## GRILL

- Carnitas Burrito 580 Cal $7.79

## SIMMER

- Chicken Double Noodle Soup 140-280 Cal $1.89-2.99
- Three Onion Soup 90-180 Cal $1.89-2.99
- Poblano, White Cheddar & Tomatillo Soup 290-480 Cal $1.89-2.99

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# LANTERN CAFÉ

**HOME**

*Be Well Plate*
- Pork Vindaloo: 290 Cal $4.99
- Curried Jasmine Rice: 100 Cal $1.39
- Zucchini Panchmael: 70 Cal $1.39

*Chicken Plate*
- Chicken Shawarma: 180 Cal $4.29
- Potato Curry: 140 Cal $1.39
- Indian-Spiced Cauliflower: 90 Cal $1.39

**OLILO**

- Grilled Falafel Bowl: 530 Cal $8.99
- Lemon Rosemary Chicken Bowl: 590 Cal $8.99
- Grilled Salmon Bowl: 570 Cal $9.99

**DELI**

- Three Cheese Panini: 450 Cal $4.99
- Turkey & Brie Sandwich: 380 Cal $6.49

**GRILL**

- Carnitas Burrito: 580 Cal $7.79

**SIMMER**

- Chicken Double Noodle Soup: 140-280 Cal $1.89-2.99
- Twice Baked Potato Soup: 240-480 Cal $1.89-2.99
- Wild Mushroom Bisque: 130-260 Cal $1.89-2.99

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# LANTERN CAFÉ

## HOME

*Be Well Plate*
- Garlic Grilled Salmon 160 Cal $5.19
- Kale & Bulgur Tabbouleh 90 Cal $1.39
- Moroccan Roasted Vegetables 70 Cal $1.39

*Chicken Plate*
- Chicken Parmesan 490 Cal $4.29
- Three Grain Mushroom Asparagus Risotto 180 Cal $1.39
- Balsamic Roasted Vegetables 50 Cal $1.39

## OLILLO

- Grilled Falafel Bowl 530 Cal $8.99
- Lemon Rosemary Chicken Bowl 590 Cal $8.99
- Grilled Salmon Bowl 570 Cal $9.99

## DELI

- Three Cheese Panini 450 Cal $4.99
- Turkey & Brie Sandwich 380 Cal $6.49

## GRILL

- Carnitas Burrito 580 Cal $7.79

## SIMMER

- Chicken Double Noodle Soup 140-280 Cal $1.89-2.99
- New Orleans Gumbo 430-860 Cal $2.19-3.19
- Broccoli Cheddar Soup 240-480 Cal $1.89-2.99

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DAILY OFFERINGS

GRILL
A large variety of all-American favorites fresh off the grill

SALAD
Build Your Own Salad
Choose from a variety of greens, protein, nuts, legumes, fruits, vegetables, and salad dressings
**Salads sold in regular and petite sizes**

DELI
Build Your Own Sandwich
Choose from a variety of breads, deli meats, cheeses, toppings and spreads

GRAB & GO
Assorted pre-made items: Sandwiches, salads, protein boxes, sushi rolls, fruit cups, and parfaits
Assorted snacks: Chips, yogurts, hummus, nuts and dried fruits, cookies, and cakes

Lantern Café
Pickens Academic Tower, Level 3
Manager: Myra Miller
Phone: (713) 794-1412

Menu subject to change based on product availability

HOURS OF OPERATION
Monday- Friday
Breakfast 7:00 AM – 10:30 AM
Lunch 11:00 AM – 2:30 PM
Grill, Grab-n-Go 11:00 AM – 3:00 PM