

Drinks

Served All Meals

Call
2-3463
(2-DINE)

Milk and Alternatives \$1

- Fat-free | Lactose-free Low-fat
- 2% | Whole
- Whole Chocolate
- Low-fat Buttermilk
- Hot Chocolate
- Vanilla Almond Milk \$2
- Vanilla Soy Milk \$2

Juice \$1

- Apple | Grape | Orange
- Prune | V8 | Cran-Grape
- Diet Cranberry

Cold Drinks \$1

- Bottled Water
- Iced Tea - Regular | Decaf
- Sprite - Regular | Zero
- G2 | Gatorade
- Ginger Ale

Ask about
our seasonal
drink - \$4



Coffee and Tea \$1

- Hot Coffee - Regular | Decaf
- Hot Tea - Regular | Decaf
- English Breakfast Tea
- Green Tea

Decaf Herbal Teas

- Chamomile | Lemon Ginger
- Mint | Lemon

Powered by Protein \$4

Ensure Plus High Protein

- Chocolate

Boost Plus

- Vanilla

Boost Glucose Control

- Chocolate | Vanilla

Boost Breeze

- Orange | Wild Berry

Smoothies - 10oz

- Banana Strawberry
- Green Machine
- Strawberries and Cream
- Tropical Sunshine

Milkshakes - 10oz

- Chocolate
- Chocolate Peanut Butter Banana
- Vanilla

Desserts and Snacks

Served
All Meals

Desserts \$3

- Angel Food Cake with Strawberries
- Key lime Pie | Fresh Berries and Cream
- Mini Bundt Cake - Chocolate
- Tiramisu Cupcake | Dutch Apple Pie
- New York Cheesecake

Cookies \$1

- Chocolate Chip | Graham Crackers
- Oatmeal Raisin | Sugar-free Lemon
- Sugar-free Gourmet Walnut Brownie

Jell-O Gelatin \$1

- Cherry | Lime | Sugar-free Lemon
- Peach Mango High Protein
- Sugar-free Panna Cotta with Fresh Berries

Pudding \$2

- Banana | Chocolate
- No Added Sugar Vanilla

Yogurt \$3

- Mixed Berry | Light Peach
- Low-fat Plain | Vanilla | Strawberry Whips

Greek Yogurt \$3

- Pineapple | Fat-free Blueberry
- Fat-free Vanilla
- Strawberry Triple Zero

Parfaits \$3

- Low-fat Vanilla Yogurt with Granola and Your Choice of Fresh Seasonal Berries | Canned Peaches
- Sugar-free Jell-O with Layers of No Added Sugar
- Vanilla Pudding with Seasonal Berries



Fresh Fruit \$4

- Fresh Fruit Cup
- Blueberries | Strawberries
- Honeydew | Pineapple
- Seedless Grapes
- Apple \$1 | Banana \$1

Ask
about our
seasonal fruit
and seasonal
berries

Canned and Dried Fruit \$1

- Applesauce | Fruit Cocktail
- Mandarin Oranges
- Peaches | Pears | Pineapple
- Dried Prunes - 3oz | Raisins



Ice Cream and More \$2

Per Scoop

- Chocolate | Strawberry | Vanilla
- Fat-free Sugar-free Vanilla
- Rainbow Sherbet
- Fat-free Vanilla Frozen Yogurt

Toppings \$1

- Caramel | Chocolate Syrup
- Chopped Walnuts | M&M's
- Fresh Fruit - Banana | Pineapple or Strawberries
- Sugar-free Whipped Topping

Italian Ice and Popsicles \$1

- Cherry | Grape | Lemon-Lime
- Mixed Berry | Orange



Guest
Menu

Guest Menu



Breakfast

Place breakfast orders between 6:30-10:30 a.m.

Call 2-3463 (2-DINE)

Hot Cereal \$2

Cream of Wheat
Grits | Oatmeal

Cream of Wheat and oatmeal served all day

Cold Cereal \$2

Cheerios - Regular | Honey Nut
Cinnamon Toast Crunch | Corn Flakes
Frosted Flakes | Granola with Raisins | Raisin Bran
Rice Krispies | Special K

Ask about our wide variety of toppings \$1

Pancakes and More \$4

Belgian Waffle - Multigrain | Buttermilk
Pancakes - Multigrain | Buttermilk
French Toast

Toppings \$1

Warm Berry Compote | Sugar-free Whipped Topping

Ask about condiments

Fresh Eggs \$3

Fried | Hard Boiled | Poached
Scrambled | Scrambled Egg Whites

Scrambled and hard boiled eggs served all day

Breakfast Proteins \$3

Smoked Bacon | Country Sliced Ham
Chicken Apple Sausage Link | Pork Sausage Link
Turkey Sausage Patty | Vegetarian Breakfast Patty
Sautéed Tofu with Garlic

Breads \$2

Biscuit - with Creamy Gravy if desired
Croissant | Flour Tortilla (one)
Toasted Bagel - Plain | Cinnamon Raisin
Toasted Sliced - White | Whole Wheat
Toasted English Muffin - Sourdough | Whole Wheat
Banana Nut Bread

Sides and Starches \$2

Avocado | Sliced Tomatoes | Cottage Cheese
Potatoes O'Brien | Refried Beans | White Rice

Omelet \$7

Choice of:

Two Eggs or Egg Whites

Breakfast Protein (see list)

Cheese

Cheddar | Monterey Jack
Low-sodium Swiss

Vegetables

Bell Peppers
Jalapeño Peppers
Green Onion | Mushrooms
Spinach | Tomatoes

Breakfast Tacos \$5

Scrambled Egg, Cheddar and Monterey Jack Cheese in a Flour Tortilla with:

- 1 Smoked Bacon
- 2 Refried Beans and Potatoes O'Brien

Ask for homemade salsa

Breakfast Sandwiches \$5

Over Hard Egg with:

- 1 Smoked Bacon and American Cheese on a Toasted Croissant
- 2 American Cheese on a Toasted Croissant
- 3 Ham and Monterey Jack Cheese on a Toasted Sourdough English Muffin

All American Breakfast \$10

Two Fresh Eggs with:
A breakfast protein, starch, bread, juice and a drink

Lunch and Dinner

Choose from a variety of foods, all prepared with high-quality ingredients.

Menu items available in a la carte and half portions

Soups \$4

Made from scratch

Baked Potato
Homestyle Herb Chicken Noodle
Garden Vegetable | Texas Chili

Ask about our Soup Specials

Salads \$9

Try our chef's homemade or assorted Ken's dressings



Small Salad \$3 - Garden | Caesar

Chicken Caesar Salad

Grilled chicken breast, crisp romaine lettuce, tomatoes, shredded Parmesan cheese and croutons

Turkey Cobb Salad

Fresh garden mixed greens, feta cheese, low-sodium turkey, diced tomatoes, smoked bacon, English cucumber and hard boiled egg

Try our Sweet Tarragon Dijonnaise

Greek Salad

Crisp romaine with cucumbers, cherry tomatoes, red onion, Kalamata olives, and feta
Add warm grilled chicken or shrimp - \$5

Build Your Own Sandwich

Full Sandwich \$8 Half Sandwich \$6

Toasted by request.

Breads

Croissant | French Baguette | Pita | Sliced White
Sliced Whole Wheat | White Bun | Whole Wheat Bun

Meats

Smoked Bacon | Ham | Turkey | Egg Salad
Tuna Salad | Chicken Salad

Cheeses

American | Cheddar | Low-sodium Swiss
Monterey Jack | Provolone

Sandwich Fixings

Leaf Lettuce | Tomato | Red Onion | Dill Pickle Chips
Avocado | Mayonnaise | Mustard
Roasted Red Pepper Hummus | Peanut Butter
Assorted Natural Jams and Honey | Sugar-free Jellies

Hot Off the Grill

Served on locally baked breads, with french fries

Cheeseburger \$13

Hamburger \$12

Turkey \$9

Black Bean Burger \$9

Citrus Grilled Chicken Sandwich \$12

Hot Dog \$9

100% beef Frank

Philly Cheese Steak \$9

Sliced ribeye steak with onions, bell peppers and provolone cheese

Grilled Cheese \$7

Classic American

Halal Meatball Sandwich \$11

Seasoned meatballs, marinara, and mozzarella on a toasted sub roll

Chicken Fingers \$11

Lightly breaded chicken tenders

Ask about our toppings

Sides and Snacks \$2

Avocado
Carrot and Celery Sticks
Sliced Tomatoes and Seedless Cucumbers
Dill Pickle Spear
Kalamata | Black Olives
Citrus Brussels Sprout Slaw
Potato Salad | Cottage Cheese
Hummus - Regular
Roasted Red Pepper Hummus
Pita Chips
Goldfish Crackers
Potato Chips - Plain | Baked
Jalapeno Cheddar
Popcorn - Sea Salt | White Cheddar
Pretzels | Sun Chips

Food produced in this facility may come in contact with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybean, and sesame

Place lunch orders between 11 a.m.-2:15 p.m. and dinner 3:15-9 p.m.

Our team works hard to ensure your meals taste great and are good for you.

Entrées

Carbs will vary based on sides selections

Chicken Fried Chicken \$15

Buttermilk battered fried chicken with mashed potatoes, tarragon green beans and country gravy

Always Thanksgiving \$12

Roasted turkey with cornbread dressing, tarragon green beans with giblet gravy and cranberry sauce

Brisket Meatloaf \$15

Chopped brisket, ground beef and bbq spice with gouda mac and cheese, steamed broccoli, and BBQ au jus

Steak Frits \$15

Marinated and butterflied strip steak paired with fries and horseradish cream with your choice of vegetables

Teriyaki Salmon Bowl \$16

Grilled salmon with teriyaki glazed, quinoa pilaf, and stir fry vegetables

Jerk Chicken \$14

Jerk chicken, red beans and rice, sweet plantain and brussels sprout slaw

Catch of the Day \$15

Cajun-baked or poached fish with chimichurri rice, snap pea, carrot, red pepper succotash, and lemon butter sauce. Cocktail sauce and tartar sauce on request

Spaghetti \$12

Meat or marinara sauce on regular or wheat spaghetti with your choice of vegetable

Grilled Chicken Fettuccini Alfredo \$9

Lightly seasoned grilled chicken breast with creamy cheesy pasta and your choice of vegetable

Sweet Chili Shrimp and Elote \$11

Sauteed shrimp served with Mexican corn and citrus brussels sprout slaw

Ask about our Seasonal Chef Specials and Sauces

Personal Pizza \$7

Thin Crust Pizza of your choice

Cheese
Margherita
Turkey Pepperoni

Vegetables \$2

Steamed

Asparagus | Broccoli
Carrots

Seasoned

Tarragon Green Beans
Mushrooms
Snap Pea, Carrot, and Red Pepper Succotash
Vegetable Stir Fry
Sautéed Spinach

Starches \$2

Kernel Corn
Potato - Baked | Mashed
Sweet Potato - Baked
Roasted Baby Potatoes
Brown | White Rice
Chimichurri Rice
Quinoa Pilaf
Cornbread Dressing
Smoked Gouda Mac and Cheese
Pinto | Refried Beans
Rice and Beans | Mexican Corn

Breads \$2

Cornbread | Crackers | Croissant
Dinner Roll - White | Whole Wheat
Parmesan Garlic Bread | Banana Nut Bread

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