

BREAKFAST ALL DAY . . . order 6:30am until close at 7:00pm

Beverages

♥ JUICE

Orange [1]	Cranberry [1]
Grape [1]	Cran-Raspberry [1]
Apple [1]	Peach Nectar [1]
Prune [1½]	Pear Nectar [1]
V-8 Juice [½]	Low Cal Cranberry [½]
Low Sodium V-8 Juice [½]	

MILK

White [1] Chocolate [2] Lactose-free [1]

♥ **SOY MILK** Vanilla [1] Chocolate [1½]

COFFEE [0]

♥ **HOT TEA** [0]

ICED TEA [0]

HOT COCOA

Regular [1½] Sugar Free [½]

BOTTLED DRINKS [3]

Lemonade Powerade

LIGHTER BOTTLED DRINKS [0]

Water
Light Lemonade Diet Powerade

SODA, REGULAR [3]

Coke	Caffeine Free Coke
Sprite	Pepsi
Mountain Dew	Ginger Ale
Root Beer	

SODA, DIET [0]

Diet Coke	Caffeine Free Diet Coke
Diet Sprite	Diet Pepsi
Diet Mountain Dew	Diet Root Beer



Light & Bright

♥ FRUIT

Banana [1]	Apple [1]
Grapes [1]	Orange [1]
Prunes [1]	Applesauce [1]
Canned Pears [1]	Canned Peaches [1]
Mandarin Oranges [½]	Fresh Fruit Cup [½]

♥ HOT CEREAL

Oatmeal [1½] Cream of Wheat [2] Grits [1½]

♥ COLD CEREAL [1]

Kashi Varieties	Rice Krisps
Corn Flakes	Raisin Bran
Cheerios	Low Fat Granola [3]
Frosted Flakes [2]	

♥ YOGURT/ SMOOTHIE

Strawberry Yogurt, Regular [2] -or- Fat Free [1]
Blueberry Yogurt, Regular [2] -or- Fat Free [1]
Vanilla Custard Yogurt [2] Mixed Berry Smoothie [1]

BREAD/ TOAST/ BAGELS/ ENGLISH MUFFINS

White Bread [1]	♥ Wheat Bagel [3]
♥ Multigrain Bread [1]	♥ Cinnamon Raisin Bagel [3]
♥ Light English Muffin [1]	Croissant [2]

BREAKFAST BAKERY

Blueberry Muffin [2] ♥ Bran Muffin [1]
Sweet Roll [not recommended for carb-restricted diet]



Hot & Hearty

GRIDDLE GOODIES

Cinnamon Swirl French Toast [1]
Buttermilk Pancake [1]
Served with Syrup [3] Sugar Free Syrup [0]

EGGS [0]

Fried, Scrambled, ♥ Low Cholesterol, Cold Hard Cooked
Toppings:
Shredded Cheddar [0] * Mild Salsa [½] Hot Sauce [0]

* BREAKFAST SANDWICH [1½]

(Egg-Cheese- Canadian Bacon on English Muffin)

SIDES

* Bacon or Sausage Links [0] ♥ Turkey Sausage Patty [0]
♥ Roasted Breakfast Potatoes [1]

CARBOHYDRATE servings shown in brackets help patients with diabetes to stay within their recommended daily limit.

STEP UP THE FLAVOR!

Try these toppings on toast, cereals, yogurt, pancakes, salads or dessert – wherever you like!

Brown Sugar [2]	Flax Seed [½]
Raisins [1½]	Olive Oil [0]
Walnuts [0]	Strawberry Topping [1]
Cinnamon [0]	

LUNCH & DINNER . . . order 10:30am until close at 7:00pm

... COOL SIDES ...

- ♥ Tossed Garden Salad [0]
- Creamy Coleslaw [1]
- Potato Salad [1]
- *♥ Cottage Cheese [0]
- ♥ Molded Gelatin with Fruit [2]
- ♥ Sugar Free Gelatin with Fruit [1]
- ♥ Seasonal Fresh Fruit Cup [½]
- ♥ Canned Peaches or Applesauce [1]
- * Lays Potato Chips [1]
- ♥ Baked Lays Potato Chips [2]
- *♥ Pretzels [1½]
- ♥ Honey Wheat Dinner Roll [1]

... HOT SIDES ...

- French Fries [2]
- ♥ Mashed Potatoes [1]
- ♥ Baked Potato [2½]
- ♥ Steamed Rice [1½]
- ♥ Noodles [1½]
- ♥ Whole Kernel Corn [1]
- ♥ Carrots [0]
- ♥ Green Beans [0]
- ♥ Vegetable of the Day [?]



Salads, Soups & Sandwiches

DESIGN-YOUR-OWN SALAD

🌱 TACO SALAD Large or Small

- * Crisp Tortilla Bowl [2] *Large only*
- Chopped Lettuce [½]
- Seasoned Ground Beef [0] -or-
- Chicken Strips [0] -or-
- Black Beans [1]
- Shredded Cheese [0]
- Diced Tomatoes [0]
- * Black Olives [0]
- * Mild Salsa [½]

🌱 ♥ SPRING MIX Large or Small

- Spring Lettuce Mix [½]
- Grilled Chicken Breast [0]
- Walnuts [0]
- Cherry Tomatoes [0]
- Mandarin Oranges [½]

🌱 CLASSIC CAESAR Large or Small

- Romaine Lettuce [½]
- Chicken Breast [0] -or-
- Salmon Fillet [0]
- Croutons [½]
- Parmesan Cheese [0]
- Lemon Wedge [0]

SELECT-A-SOUP

Served with Salted or Unsalted Crackers

- 🌱* Tomato [1]
- * Beef Broth [0]

- * Chicken Noodle [1]
- * Chicken Broth [0]

- 🌱* Soup of the Day [?]
- * Vegetable Broth [0]

DESIGN-YOUR-OWN SANDWICH

Whole or Half

BREAD

- White [1]
- Multigrain [1]
- Hoagie Roll [3]
- Croissant [2]
- * Tortilla Wrap [2½]

FILLINGS

- Roast Beef [0]
- ♥ Turkey [0]
- * Ham [0]
- ♥ Tuna Salad [0]
- Egg Salad [0]
- ♥🌱 Hummus [½]
- 🌱 Peanut Butter & Jelly [1]

🌱 CHEESE

- American [0]
- Cheddar [0]
- ♥ Swiss [0]
- ♥ Mozzarella [0]

FINISHERS

- Lettuce [0]
- Tomato Slice [0]
- Red Onion [0]
- * Black Olives [0]



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House Favorites

Remember To Add Your Favorite Side Dishes!

- **CHEF'S CHOICE** [?] *From our café selection, available during café lunch & dinner service.*
- ❄️♥️ **BEEF STROGANOFF** [½] *Sirloin strips with mushrooms in a light homemade sauce.*
- ❄️♥️ **ROAST TURKEY BREAST** [0] *Sliced oven roasted premium turkey.*
- ❄️♥️ **HOT TURKEY SANDWICH** [1] *Turkey layered on fresh bread & covered with gravy.*
- ♥️ **BAKED CHICKEN QUARTER** [0] *Breast & wing portion.*
- ♥️ **GRILLED CHICKEN BREAST** [0] *Juicy boneless 4oz. fillet.*
- ♥️ **GLAZED CHICKEN** [½] *Morsels of white meat and mushrooms in a mildly seasoned sauce.*
- **DEEP FRIED FISH FILLET** [1½] *Add your favorite sides or TRY ONE ON A BUN* [3]
- ♥️ **BAKED COD WITH LEMON** [0] *Heart- smart choice.*
- ♥️ **GINGER SESAME SALMON** [½] *Generous fillet lightly marinated and oven baked.*
- 🌿♥️ **SPAGHETTI WITH ITALIAN SAUCE** [4] **Add MEATBALLS** [0]
- 🌿❄️ **CLASSIC MACARONI & CHEESE** [2½] *Prepared with aged cheddar & al dente macaroni.*

Ready to order? Give us a call!

☎️ **DIAL 78888**

Go Grilled

BASICALLY BURGERS

Plain or on a Bun [1½] *(White or Wheat)*

- ♥️ Hamburger
- Cheeseburger*
- 🌿♥️ Veggie Burger

CHICKEN CHOICES

Plain or on a Bun [1½] *(White or Wheat)*

- ♥️ Grilled Chicken Fillet
- 🌿♥️ Vegan Chik'n Patty

Chicken Tenders [1] with Dipping Sauces
❄️ *BBQ* [½] *Honey Mustard* [½] *Sweet & Sour* [1]

ALL STARS

❄️ Hot Dog *(on a White Bun)* [1½]

Choose Bread -White or Multigrain:

- ❄️ Bacon, Lettuce & Tomato [2]
- 🌿❄️ Grilled Cheese* [2]
- ❄️ Grilled Ham & Cheese* [2]

*American, Cheddar, ♥️ Swiss, ♥️ Mozzarella



PERSONAL PIZZA

❄️ **8" CHEESE PIZZA** *Whole* [6] *or Half* [3]

Add Your Favorites:

- Sausage
- Pepperoni
- Black Olives
- Red Onions
- Fresh Tomato
- Extra Cheese



Just Desserts

BAKE SHOP

- Brownie [4]
- Cherry Pie [4]
- Lemon Cake [2]
- Angel Food Cake [1½]
- Cheesecake [2½]
- Add: Strawberry Topping** [1]

COOKIE JAR

- Oatmeal Raisin [1]
- Chocolate Chip [1]
- Vanilla Wafers [1]

FROZEN TREATS

- Ice Cream [1]
- Health Smart Bar [1]
- Sherbet [2]
- Lemon Sorbet [0]
- Popsicle Regular [1]
- Popsicle Sugar Free [0]

COOL & LIGHT

- Gelatin Regular [1]
- Gelatin Sugar Free [0]
- Pudding Regular [2]
- Pudding Sugar Free [½]