

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]
Low Cal Cranberry [½]	
Low Sodium V-8 Juice [½]	

MILK

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

SOYMILK Vanilla [1] Chocolate [1½]

DECAF COFFEE [0]

DECAF HOT 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

Mixed Berry Smoothie [1]
Fat Free Strawberry Yogurt [1]
Fat Free Blueberry Yogurt [1]

BREAD/ TOAST/ BAGELS/ ENGLISH MUFFINS

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

BREAKFAST BAKERY

Bran Muffin [1]



Hot & Hearty

GRIDDLE GOODIES

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

EGGS [0]

Scrambled
Low Cholesterol
Cold Hard Cooked
Toppings: Picante Sauce [0] Hot Sauce [0]

SUNNY SIDES

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

... HOT SIDES ...

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



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]
- Diced Tomatoes [0]
- * Black Olives [0]
- Picante Sauce [0]

🍴 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

- | | | |
|-------------------|------------------------|-----------------------|
| LS Beef Broth [0] | 🍴 LS Tomato [1] | LS Chicken Noodle [1] |
| | 🍴 LS Chicken Broth [0] | 🍴 Vegetable Broth [0] |

DESIGN-YOUR-OWN SANDWICH

Whole or Half

BREAD

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

FILLINGS

- Roast Beef [0]
- Turkey [0]
- Tuna Salad [0]
- 🍴 Hummus [½]
- 🍴 Peanut Butter & Jelly [1]

🍴 CHEESE

- 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!

-  **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.*
- **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 MEATBALL** [0]




Go Grilled



BASICALLY BURGERS

Plain or on a Bun [1½] (White or Wheat)
Hamburger
Cheeseburger (Swiss or Mozzarella)
 Veggie Burger

CHICKEN CHOICES

Plain or on a Bun [1½] (White or Wheat)
Grilled Chicken Fillet
 Vegan Chik'n Patty

ALL STARS

Choose Bread (White or Multigrain)
  Grilled Cheese (Swiss or Mozzarella) [2]

Just Desserts

BAKE SHOP

Angel Food Cake [1½]
Add: Strawberry
Topping [1]

FROZEN TREATS

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

COOKIE JAR

Oatmeal Raisin [1]
Vanilla Wafers [1]

COOL & LIGHT

Gelatin Regular [1]
Gelatin Sugar Free [0]
Pudding Regular [1]
Pudding Sugar Free [0]

**Ready to order?
Give us a call!**

 **DIAL 78888**