



Summer Eatery Menu Specials & Soups

Weekly Specials 1 (Dates: June 10-14, July 8-12, August 5-9, September 2-6)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Grilled Mushroom Swiss Chicken (330 calories)	Stuffed Peppers (calories)	Bone-In Chicken (340 calories)	Chicken Salad Croissant (500 calories) plus choice of: Chips (100-220 calories) or cup of soup	Fish Tacos (300 calories)
VEGETABLE	Roasted Asparagus (35 calories)	Garden Salad (25 calories)	Green Beans with mustard sauce (60 calories)		Cilantro Lime Coleslaw (70 calories)
POTATO / SUB	Parmesan Potato Wedges (120 calories)	N/A	Baked Potato Bar (170 calories)		Corn (100 calories)
RICE / SUB	Basmati Rice (120 calories)	Dinner Roll (100 calories)	Corn Muffin (350 calories)		Lime Cilantro Rice (280 calories)
SOUP #1	Creamy Tortellini (150 calories)	Cheesy Broccoli (140 calories)	Corn & Zucchini Chowder (140 calories)	Chicken Wild Rice (115 calories)	Tuscan Bean (170 calories)
SOUP #2	Chicken Gumbo (120 calories)	Chicken Noodle (115 calories)	Buffalo Chicken (190 calories)	Beef Vegetable (190 calories)	Tortilla Chicken (120 calories)

Weekly Specials 2 (Dates: June 17-21, July 15-19, August 12-16)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Sweet Chili Meatballs (390 calories)	Chicken Enchiladas (420 calories)	BYO Summer Salad (570 calories) plus choice of: Dinner Roll (100 calories), Chips (100-220 calories) or cup of soup	Roasted Garlic Lemon Cod (220 calories)	Green Chili Chicken (300 calories)
VEGETABLE	Glazed Carrots (100 calories)	Fiesta Corn (90 calories)		Marinated Summer Veggies (100 calories)	Green Beans (50 calories)
POTATO / SUB	Garlic Mashed Potatoes (110 calories)	N/A		Steak Fries (110 calories)	Baby Bakers (90 calories)
RICE / SUB	Wild Rice Blend (120 calories)	Spanish Rice (90 calories)		Lemon Garlic Rice (240 calories)	Basmati Rice (120 calories)
SOUP #1	Beer Cheese (60 calories)	Black Bean & Sausage Stew (270 calories)	Chicken Gumbo (120 calories)	Chicken Noodle (115 calories)	Buffalo Chicken (190 calories)
SOUP #2	Mexican Chicken (80 calories)	Loaded Baked Potato (calories)	Creamy Tortellini (150 calories)	Cheesy Broccoli (140 calories)	Corn & Zucchini Chowder (140 calories)

*Tacos are still available every Tuesday!



Summer Eatery Menu Specials & Soups

Weekly Specials 3 (Dates: June 24-28, July 22-26, August 19-23)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Grilled Chicken Breast (240 calories)	Parmesan Grilled Cheese (400 calories) plus choice of: Chips (100-220 calories) or Cup of soup	Citrus Tilapia (150 calories)	BBQ Pork Sandwich (680 calories)	Cilantro Lime Chicken (180 calories)
VEGETABLE	Roasted Brussel Sprouts (70 calories)		California Medley (25 calories)	Coleslaw (140 calories)	Roasted Mexican Zucchini (160 calories)
POTATO / SUB	Garlic Mashed Potatoes (110 calories)		BYO Baked Potato Bar (170 calories)	Baby Bakers (90 calories)	Roasted Potatoes (90 calories)
RICE / SUB	Broccoli Cheddar Rice (330 calories)		Wild Rice Blend (120 calories)	N/A	Rice & Beans (300 calories)
SOUP #1	Beef Vegetable (190 calories)	Tortilla Chicken (120 calories)	Mexican Chicken (80 calories)	Chicken Gumbo (120 calories)	Chicken Noodle (115 calories)
SOUP #2	Chicken Wild Rice (115 calories)	Tuscan Bean (170 calories)	Beer Cheese (60 calories)	Creamy Tortellini (150 calories)	Cheesy Broccoli (140 calories)

Weekly Specials 4 (Dates: July 1-5, July 29- August 2, August 26-30)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Aloha Teriyaki Chicken (180 calories)	Flour Dusted Sole (150 calories)	Crispy Chicken (240 calories)	Sloppy Joes (500 calories)	Apple Chicken Salad (730 calories) plus choice of: Breadstick (150 calories), Chips (100-220 calories) or Cup of soup
VEGETABLE	Broccoli (35 calories)	Green Beans (50 calories)	Oven Roasted Vegetables (50 calories)	Glazed Carrots (100 calories)	
POTATO / SUB	Baked Sweet Potato (110 calories)	Roasted Potatoes (90 calories)	Potatoes O Brien (170 calories)	Steak Fries (110 calories)	
RICE / SUB	Asian Rice Pilaf (210 calories)	Basmati Rice (120 calories)	Lemon Pesto Parmesan Rice (310 calories)	Potato Salad (250 calories)	
SOUP #1	Buffalo Chicken (190 calories)	Beef Vegetable (190 calories)	Tortilla Chicken (120 calories)	Mexican Chicken (80 calories)	Loaded Baked Potato (calories)
SOUP #2	Corn & Zucchini Chowder (140 calories)	Chicken Wild Rice (115 calories)	Tuscan Bean (170 calories)	Beer Cheese (60 calories)	Black Bean & Sausage Stew (270 calories)

*Tacos are still available every Tuesday!

SUMMER BREAKFAST SPECIALS

Available for a limited Time
Additional toppings 25¢ each

BYO Hashbrown Skillet \$2.75

Hashbrowns, cheddar cheese and up to three fillings. *Additional fillings 25¢ each*

Calories 220 **Fat** 12gr **Sodium** 410g **Carbohydrates** 19g **Sugar** 3g **Protein** 8g

Allergens: wheat, milk.

*Allergens vary depending on fillings.

Bacon

Bell Pepper

Spinach

Onion

Mushroom

Ham

Sausage

Tomato

Eggs – Add 50¢

Cinnamon French Toast \$3.25

Two slices of French toast made using Spring Valley Bakery's fresh cinnamon bread.

Calories 310 **Fat** 13gr **Sodium** 370g **Carbohydrates** 31g **Sugar** 10g **Protein** 17g

Allergens: egg, wheat, milk.

Croissant Egg Sandwich \$3.25

Fried egg, sliced cheddar cheese, tomato and low sodium bacon on a toasted croissant roll.

Calories 540 **Fat** 35gr **Sodium** 810g **Carbohydrates** 34g **Sugar** 5g **Added Sugar** 0g **Protein** 24g

Allergens: wheat, milk, egg. May contain soy and sesame.

Contains Pork

SUMMER BREAKFAST SPECIALS

Available for a limited Time

Build Your Own Flatbread **\$3.00**

Create your own with up to three toppings plus scrambled eggs and cheddar cheese.

Calories 300 **Fat** 9gr **Sodium** 600g **Carbohydrates** 31g **Sugar** 4g **Protein** 13g

Allergens: wheat, milk, egg.

Bacon	Bell Pepper	Spinach
Onion	Mushroom	Ham
Sausage	Tomato	Avocado
Country Gravy		

BYO Breakfast Quesadilla **\$3.25**

Create your own with up to three toppings plus scrambled eggs and cheddar cheese.

Additional fillings 25¢ each

Calories 300 **Fat** 36gr **Sodium** 600g **Carbohydrates** 31g **Sugar** 4g **Added Sugar** 0g **Protein** 13g

Allergens: egg, wheat, milk.

Bacon	Bell Pepper	Spinach
Onion	Mushroom	Ham
Sausage	Tomato	Avocado

SUMMER SPECIALS

Available for a limited Time
Additional toppings 25¢ each

Flatbreads

Roasted Garlic White Chicken **\$2.75**

Organic Alfredo sauce, roasted garlic, diced chicken, red onions and herb seasoning topped with Wisconsin shredded mozzarella blend.

Serving Size 1 flatbread

Calories 440 **Fat** 17gr **Sodium** 790g **Carbohydrates** 43g

Sugar 4g **Added Sugar** 0g **Protein** 23g

Allergens: wheat, milk. May contain soy and sesame.

Buffalo Chicken **\$3.00**

Buffalo sauce, diced chicken and red onion topped with Wisconsin shredded mozzarella blend and blue cheese.

Serving Size 1 flatbread

Calories 490 **Fat** 22gr **Sodium** 1420g **Carbohydrates** 44g

Sugar 4g **Added Sugar** 1g **Protein** 29g

Allergens: wheat, milk, fish (anchovies). May contain soy and sesame.

Spinach Artichoke **\$2.75**

Organic Alfredo sauce, artichoke hearts, spinach and tomatoes topped with Wisconsin mozzarella blend.

Serving Size 1 flatbread

Calories 390 **Fat** 15gr **Sodium** 760g **Carbohydrates** 45g

Sugar 3g **Protein** 8g

Allergens: wheat, milk. May contain soy and sesame.

SUMMER SPECIALS

Available for a limited Time

Hot off the Press

Turkey Bacon Avocado **\$3.50**

Low sodium deli turkey & bacon, provolone cheese, tomatoes, red onion and avocado with mustard sauce on organic multi-grain bread.

Serving Size 1 sandwich

Calories 620 **Fat** 36gr **Sodium** 930g **Carbohydrates** 44g

Sugar 6g **Added Sugar** 1g **Protein** 32g

Allergens: egg, milk, wheat.

Strawberry, Brie & Turkey **\$3.25**

Brie, red pepper jelly, low sodium deli turkey, fresh sliced strawberries and julienned basil on toasted bread.

Serving Size 1 sandwich

Calories 310 **Fat** 10gr **Sodium** 760g **Carbohydrates** 34g

Sugar 16g **Protein** 23g

Allergens: milk, wheat.

Chicken Quesadilla **\$3.00**

Provolone, chicken strips, sautéed bell peppers and onion on a heart healthy tortilla.

Calories 430 **Fat** 18gr **Sodium** 820g **Carbohydrates** 34g

Sugar 4g **Protein** 30g

Allergens: milk, wheat, soy.

Eatery Club **\$3.00**

Low sodium deli turkey & ham with Cheddar, tomatoes, bacon, mayo and our house-made BBQ sauce on white bread.

Serving Size 1 sandwich

Calories 340 **Fat** 13gr **Sodium** 800g **Carbohydrates** 33g

Sugar 6g **Added Sugar** 1g **Protein** 21g

Allergens: egg, milk, wheat. **Contains Pork**

SUMMER GRILL SPECIALS

Available for a limited Time
Additional toppings 25¢ each

Pesto Chicken Sandwich **\$2.75**

With provolone & Roma tomatoes on toasted bread.

Serving Size: 1 sandwich

Calories 440 **Fat** 20gr **Sodium** 480g **Carbohydrates** 27g **Sugar** 2g **Protein** 25g

Allergens: wheat, milk, tree nuts.

Black Bean Burger **\$3.50**

Black bean burger patty topped with pepper jack, guacamole and Pico de Gallo served on a toasted roll.

Serving Size: 1 sandwich

Calories 530 **Fat** 15gr **Sodium** 900g **Carbohydrates** 75g **Sugar** 2g **Added Sugar** 0g **Protein** 23g

Allergens: wheat, soy, milk.

Contains bell pepper

Cranberry Brie Chicken **\$3.25**

Grilled chicken with creamy brie cheese, cranberry sauce and fresh arugula on a toasted roll.

Serving Size: 1 sandwich

Calories 450 **Fat** 14gr **Sodium** 550g **Carbohydrates** 43g **Sugar** 10g **Protein** 24g

Allergens: wheat, milk.

Breakfast Burger

\$4.50

Grass fed patty topped with fried egg, cheddar cheese and low sodium bacon on toasted English muffin bread.

Serving Size: 1 sandwich

Calories 840 **Fat** 36gr **Sodium** 990g

Carbohydrates 50g **Sugar** 2g **Protein** 55g

Allergens: milk, wheat, soy, egg. **Contains Pork**

Cowboy Burger

\$3.75

Grass fed patty topped with Applewood smoked bleu cheese, low sodium bacon, caramelized onions on a toasted potato roll with our House-made BBQ sauce.

Serving Size: 1 sandwich

Calories 640 **Fat** 36gr **Sodium** 690g **Carbohydrates** 47g **Sugar** 11g **Protein** 34g

Allergens: milk, wheat, soy.

BBQ Bacon Burger

\$3.75

Grass fed patty topped with cheddar cheese, low sodium bacon on a toasted potato roll with ranch and our House-made BBQ sauce.

Serving Size: 1 sandwich

Calories 790 **Fat** 45gr **Sodium** 510g **Carbohydrates** 57g **Sugar** 6g **Total Sugar** 10g **Protein** 44g

Allergens: milk, soy, wheat. **Contains Pork**

Chipotle Bison Burger

\$4.75

Silver Bison Ranch patty topped with sautéed mushrooms, bell peppers, low sodium bacon, fried egg and chipotle mayonnaise on a toasted potato roll.

Cooked to Order – approx. 10 minutes

Serving Size: 1 sandwich

Calories 750 **Fat** 41gr **Sodium** 590g **Carbohydrates** 48g **Sugar** 1g **Added Sugar** 0g **Protein** 46g

Allergens: wheat, egg, milk. **Contains Pork**