

LUNCH & SUPPER MENU

Available Monday – Friday 11am – 6:30pm

Weekends & Holidays 11am – 3pm
Limited Offerings Available



WESTERN WISCONSIN HEALTH

CREATE YOUR OWN SALAD

Indulge in our salad bar featuring fresh seasonal greens, fruit, vegetables, homemade dressings and more!

A satisfying meal all on its own

Sold per ounce

MIX-INS

- Subject to availability -

Cauliflower	Diced Chicken	Cucumbers
Broccoli	Diced Turkey	Chickpeas
Red Onions	Cheese	Seasonal Vegetables
Mushrooms	Edamame	Hummus
Black Beans	Fresh Fruit	Dry Toppings
Snow Peas	Cottage Cheese	Hard Boiled Eggs
Bell Peppers	Grape Tomatoes	Shredded Carrots

Add Grilled Chicken or fresh baked Tilapia from our hot station to your salad!

Join us on Tuesday's for Build Your Own Taco

Sold per oz

SOUP

Fresh, hot soup available Monday - Friday

Cup or Bowl

Nutritionals provided are based on a SMALL CUP of soup, adjust for larger quantities.

Look for signage with nutritional information to best fit your needs.

 indicates this item meets cardiac heart healthy guideline recommendations.

FLATBREADS

Available Monday - Friday

Choose from our favorites or build to suit your taste. Each flatbread begins with a whole grain crust and topped with a Wisconsin cheese blend of mozzarella, provolone, parmesan and Romano.

Caprese

Basil pesto, Roma tomatoes and Wisconsin shredded mozzarella blend. Add seasoned chicken for additional charge. Additional toppings extra.

Serving Size 1 flatbread

Calories 400 Fat 19gr Sodium 610g Carbohydrates 32g Sugar 4g Protein 16g

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

House of Blues Steak

Seasoned steak, caramelized onions and sautéed mushrooms with Wisconsin marbled blue jack cheese and shredded mozzarella blend. Additional toppings extra.

Serving Size 1 flatbread

Calories 400 Fat 21gr Sodium 720g Carbohydrates 31g Sugar 3g Protein 27g

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

Build Your Own

Create your own with pesto or pizza sauce. Up to three toppings. Additional toppings extra.

Serving Size 1 flatbread with pizza sauce and cheese

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

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

Pepperoni

Chicken

Sausage

Bell Pepper

Mushrooms

Tomato

Garlic

Black olives

Caramelized Onion

Spinach

Diced Ham

Pineapple

CONSUMER ADVISORY

WHEN EATING AT HOME OR DINING OUT CONSUMING FULLY COOKED MEATS, EGGS OR FISH REDUCES THE CHANCE OF FOODBORNE ILLNESS.

HOT OFF THE PRESS

Available Monday - Friday

Prepared to Order - Gluten Free buns available

GLUTEN FREE BREAD MAY BE SUBSTITUTED ON SELECT ITEMS BUT WE ARE NOT A GLUTEN FREE KITCHEN AND DO NOT HAVE SEPARATE COOKING EQUIPMENT TO PREPARE 100% GLUTEN FREE ITEMS.

Turkey with Apple & Cheddar

Lower sodium turkey breast, mustard spread, cheddar cheese, sliced apple and arugula on organic multi-grain bread.

Serving Size 1 sandwich

Calories 360 Fat 12gr Sodium 720g Carbohydrates 37g Sugar 7g Protein 27g

Allergens: milk, wheat

Philly Cheesesteak

Featuring your choice of Philly Beef or Philly Chicken on a hoagie roll with caramelized onions, green bell peppers and Swiss cheese.

Serving Size 1 beef sandwich

Calories 590 Fat 27gr Sodium 780g Carbohydrates 52g Sugar 9g Protein 39g

Calories 520 Fat 18gr Sodium 740g Carbohydrates 55g Sugar 11g Protein 28g

Allergens: egg, milk, wheat

Cubano

Low sodium sliced ham, juicy Cuban Mojo pork roast, mustard, Swiss cheese and dill pickles on a hoagie roll

Serving Size 1 sandwich

Calories 550 Fat 20gr Sodium 730g Carbohydrates 57g Sugar 19g Protein 38g

Allergens: milk, wheat

Beef Pot Roast

Shredded beef pot roast with melted cheddar, tomatoes, horseradish-mayonnaise and red onions on a hoagie roll.

Serving Size 1 sandwich

Calories 560 Fat 26gr Sodium 760g Carbohydrates 51g Sugar 8g Protein 30g

Allergens: soy, wheat, egg, milk

GRILL

Available Monday - Friday

Prepared to Order - Gluten Free buns available

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Quarter Pound Burger

All natural hormone free hand-formed patty on a fresh toasted Kaiser roll. Lettuce, tomato, grilled onion and house-made burger spread served on the side.

Serving Size 1 sandwich

Calories 460 Fat 23gr Sodium 570g Carbohydrates 37g Sugar 3g Protein 27g

Allergens: egg, milk, wheat

Grilled Chicken

Marinated 4oz chicken breast on a fresh toasted Kaiser roll. Lettuce, tomato, grilled onion and house-made dill mustard mayonnaise served on the side.

Serving Size 1 sandwich

Calories 370 Fat 11gr Sodium 460g Carbohydrates 36g Sugar 2g Protein 19g

Allergens: egg, milk, wheat

OPTIONAL TOPPINGS:

Adding toppings will increase sodium and fat content of foods.

Add cheddar, provolone, pepper jack or Swiss cheese

Add 2 slices bacon

Add sautéed mushrooms

Caprese Turkey Burger

Burger made with all natural turkey, whole grain brown rice & vegetables. Crave-able flavor served on a fresh toasted Kaiser roll topped with basil mayonnaise, provolone and sliced Roma tomato.

Serving Size 1 burger

Calories 520 Fat 25gr Sodium 900g Carbohydrates 45g Sugar 7g Protein 29g

Allergens: wheat, egg, milk. May contain egg and tree nuts

 indicates this item meets cardiac heart healthy guideline recommendations.

CREATE YOUR OWN STIR FRY

Available Monday - Friday

Cooked to order using your favorite mix-ins plus rice noodles or basmati rice and finished with low sodium, gluten free stir fry sauce.

Sold per oz

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Serving size: 1 cup rice noodles with broccoli, snap peas, bell peppers, mushrooms and sauce

Calories 230 Fat .5gr Sodium 320g Carbohydrates 53g Sugar 6g Protein 5g

Allergens: soy

MIX-INS

Nutrition varies by mix-ins.

- Subject to availability -

Broccoli	Bell Peppers	Water Chestnuts
Red Onions	Shredded Carrots	Minced Garlic
Mushrooms	Fresh Ginger	Bean Sprouts
Snap Peas	Edamame	Celery
Steak	Chicken	

ACCOMPANIMENTS

Offered Monday - Friday, 11:00 am - 1:00 pm

Daily Special (Limited availability)

Entrée special and up to two sides. Additional sides subject to additional charge. Look for signage with nutritional information to best fit your needs.

Potato

One serving, selections vary

Rice

One serving, selections vary

Seasonal Vegetable

One serving, selections vary

Additional sides available in Grab & Go cooler

 indicates this item meets cardiac heart healthy guideline recommendations.

BEVERAGES

Artisan Coffee

French Roast - a traditional, smoky, dark, bittersweet chocolate blend.

Trattoria Blend - A balanced blend of coffees from both Central and South America, the Trattoria Blend is a medium roast with deeper notes of chocolate, roasted nuts and sweet caramel.

Breakfast Blend - a mild roast, smooth, refreshing, with notes of green apple, this is a quintessential morning cup of coffee.

Cedar Lake Tea

Cedar Lake Teas is a small independent brand located in New Richmond, WI. Their team hand-blends premium whole-leaf 100% Organic teas and herbs in small batches for the freshest taste. Many are enjoyed hot and cold. Varieties based on availability.

Additional beverages available in Grab & Go cooler

