

LUNCH & SUPPER

Available Monday - Friday 11:00 AM - 6:00 PM
Saturday 11:00 AM - 1:30 PM | Sunday - CLOSED

Eatery Favorites

Additional fillings, toppings and condiments add 25-75¢ each

Daily Lunch Special \$5.00

Main entrée, daily vegetable, and daily starch.

Available 11:00AM - 1:00PM, Monday - Friday. Limited availability, subject to change.

Stir Fry ♥ \$6.50

Cooked to order using rice noodles or basmati rice, garlic if desired, plus up to three fillings and finished with low sodium, gluten free stir fry sauce.

Based on ½ cup rice with broccoli, bell peppers, mushrooms and sauce. Calories 549 Fat 0.5g Sat Fat 0g Sodium 150mg Carbs 54g Fiber 6g Sugar 2g Added Sugar 2g Protein 9g

Allergens: Soy

Mix-Ins

Subject to availability

Broccoli
Minced Garlic
Edamame
Chicken

Onions
Bell Peppers
Water Chestnuts

Mushrooms
Shredded Carrots
Celery
Bean Sprouts

Chicken Quesadilla Half: \$3.00 Whole: \$4.75

Mozzarella, chicken, sauteed bell peppers and onion on a whole wheat tortilla. Served with sour cream and salsa.

Calories 690 Fat 21g Sat Fat 10g Sodium 1132mg Carbs 59g Fiber 2g Sugar 8g Protein 62.5g

Allergens: milk, wheat, soy

Vegetable Quesadilla Half: \$2.50 Whole: \$4.25

Dairy free Gouda, tomatoes, mushrooms, onion and peppers on a whole wheat tortilla. Served with salsa and sour cream.

Calories 390 Fat 11g Sat Fat 8g Sodium 567mg Carbs 58g Fiber 3.5g Sugar 6.5g Protein 12g.

Allergens: wheat, soy

Create Your Own Salad

Salad Bar ♥ 35¢ per oz

Indulge in our salad bar featuring fresh seasonal greens, fruit, vegetables, homemade dressings and more! A satisfying meal on its own.

Taco Tuesday ♥ 35¢ per oz

Indulge in our taco bar featuring fresh greens, tomatoes, cheddar cheese, salsa, sour cream, guacamole, black beans, and low sodium taco meat. Corn shells and flour tortillas available.

*Available Tuesdays, 11:00 AM - 1:00 PM. Limited availability.

Grain Bowl Wednesday ♥ 35¢ per oz

Indulge in select warm grains, roasted vegetables, grilled chicken strips, and other unique dressings and toppings from our salad bar!

*Available Wednesdays 11:00AM - 1:00PM. Limited availability.

Grilled Chicken Sandwiches

Gluten Free bread available, add \$1.00

Additional toppings & condiments 25-75¢ each

Marinated Chicken ♥ \$4.00

Marinated 5oz chicken breast on a toasted bun w/lettuce, tomato, onion, and homemade dill mustard mayonnaise served on the side.

Calories 415 Fat 5g Sodium 634mg Carbs 46g Fiber 3g Sugar 19g Protein 38g.

Allergens: egg, milk, wheat

Pesto Chicken \$4.75

Marinated 5oz chicken breast on a toasted bun with nut-free basil pesto, provolone cheese, and sliced tomato.

Calories 425 Fat 28g Sat Fat 6g Sodium 790mg Carbs 5g Fiber 2g Sugar 2g Protein 38g.

Allergens: milk, wheat

Cordon Bleu \$4.50

Marinated 5oz chicken breast on a toasted bun, swiss cheese, reduced sodium ham with homemade horseradish mayonnaise.

Calories 470 Fat 13g Sat Fat 4g Sodium 840mg Carbs 37g Fiber 1g Sugar 7g Protein 42g.

Allergens: milk, wheat, Contains pork

Pizza Chicken \$4.50

Marinated 5oz chicken breast on a toasted bun with our homemade pizza sauce, provolone cheese and pepperoni.

Calories 406 Fat 24g Sat Fat 3g Sodium 703mg Carbs 32g Fiber 1g Sugar 4g Protein 41g.

Allergens: egg, milk, wheat. Contains pork

We are NOT a 100% Gluten Free Kitchen!

Gluten Free bread may be substituted on select items, but we are not a gluten free kitchen and do not always have separate cooking equipment to prepare 100% gluten free items.

Grass Fed Burgers

All served with lettuce, tomato, onions, and pickle unless indicated.

Gluten Free Bread Available, add \$1.00 | Impossible Burger add \$1.50

Hamburger \$4.50

Grass fed patty on a toasted bun. Add cheese for 50¢ - cheddar, pepper jack, provolone, blue, or swiss

Calories 635 Fat 32g Sat Fat 12g Sodium 469mg Carbs 49g Fiber 3g Sugar 13g Protein 37g.

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

Cowboy \$5.00

Grass fed patty topped with blue cheese, bacon, caramelized onions on a toasted bun with our homemade BBQ sauce.

Calories 830 Fat 46g Sat Fat 20g Sodium 985mg Carbs 38g Fiber 1g Sugar 7g Protein 46g.

Allergens: milk, wheat, soy. Contains pork. May contain sesame.

Pico Burger \$5.00

Grass fed patty topped with pepper jack cheese, sliced avocado and salsa served on a toasted bun.

Calories 690 Fat 36g Sat Fat 15g Sodium 805mg Carbs 42g Fiber 1g Sugar 13g Protein 41g.

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

Mushroom & Swiss \$5.00

Grass fed patty topped with sauteed mushrooms and swiss cheese on a toasted bun.

Calories 705 Fat 39g Sat Fat 16g Sodium 510mg Carbs 40g Fiber 2g Sugar 13g Protein 43g.

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

Other Burgers

Caprese Turkey Burger \$5.25

All-natural ground turkey made with whole grain brown rice & vegetables. Served on a fresh toasted bun topped with pesto sauce, provolone cheese, and sliced tomato.

Calories 590 Fat 30g Sat Fat 5g Sodium 990mg Carbs 50g Fiber 3g Sugar 21g Protein 28g.

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

Chipotle Bison \$6.25

Silver Bison Ranch patty topped with sauteed mushrooms, bell peppers, low sodium bacon, fried egg and homemade chipotle mayonnaise on a fresh toasted bun.

Calories 790 Fat 30g Sat Fat 9g Sodium 949mg Carbs 56g Fiber 4g Sugar 21g Protein 52g.

Allergens: egg, milk, wheat, soy. May contain sesame. Contains pork

CONSUMER ADVISORY

Whether consuming food at home or dining in, consuming FULLY cooked meats, eggs, or fish reduces the chance of foodborne illness.

Hot Sandwiches

Gluten Free Bread Available, add \$1.00 | Additional toppings 25-75¢ each

Turkey, Apple & Cheddar \$4.25

Reduced sodium turkey breast, homemade dill mustard mayonnaise, cheddar cheese, and sliced apples on an organic multigrain bread.

Calories 523 Fat 14g Sat Fat 4g Sodium 805mg Carbs 55g Fiber 9g Sugar 16g Protein 27g.

Allergens: milk, wheat

Philly Cheesesteak \$5.00

Tender shredded beef pot roast or grilled chicken on a toasted hoagie bun with caramelized onions, bell peppers and swiss cheese.

Calories 390 Fat 12g Sat Fat 4g Sodium 324mg Carbs 41g Fiber 7g Sugar 14g Protein 28g.

Allergens: milk, wheat, soy

Cubano \$5.00

Reduced sodium ham, juicy Cuban Mojo pork roast, mustard, swiss cheese, and dill pickles on a toasted hoagie bun.

Calories 425 Fat 15g Sat Fat 7g Sodium 1660mg Carbs 28g Fiber 4g Sugar 7g Protein 34g.

Allergens: milk, wheat, Contains pork

Beef Pot Roast \$5.00

Tender shredded beef pot roast on a toasted hoagie bun with cheddar cheese, tomatoes, red onions, and homemade horseradish mayonnaise.

Calories 435 Fat 19g Sat Fat 8g Sodium 455mg Carbs 28g Fiber 5g Sugar 2g Protein 32g.

Allergens: egg, milk, wheat, soy

Turkey Bacon Avocado \$5.25

Reduced sodium turkey breast, bacon, provolone cheese, tomatoes, red onion and avocado with homemade mustard mayo on organic multigrain bread.

Calories 510 Fat 28g Sat Fat 10g Sodium 1049mg Carbs 15g Fiber 5g Sugar 6g Protein 11g.

Allergens: egg, milk, wheat. Contains pork

Grilled Cheese \$3.25

Cheddar cheese on toasted white bread.

Calories 320 Fat 16g Sat Fat 8g Sodium 468mg Carbs 30g Fiber 2g Sugar 8g Protein 16g.

Allergens: milk, wheat



WESTERN WISCONSIN HEALTH

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Flatbreads

Made on a whole grain crust.
Sub Gluten Free Cauliflower, add \$1.00
Additional toppings 25-75¢ each

Build Your Own Half: \$2.75 Whole: \$4.50

Create your own with sauce & up to three toppings.

**Nutritional and Allergens vary. Based on bread, pizza sauce, pepperoni, onions, peppers, and cheese. Calories 436 Fat 19g Sat Fat 8g Sodium 794mg Carbs 50g Fiber 7g Sugar 15g Protein 29g.*
Allergens: milk, wheat, soy

Build Your Own Cauliflower Crust \$5.25

Create your own with sauce & up to three toppings.

**Nutritional and Allergens vary. Based on cauliflower crust, pizza sauce, pepperoni, onions, peppers, and cheese. Calories 451 Fat 21g Sat Fat 10g Sodium 849mg Carbs 48g Fiber 1g Sugar 13g Protein 27g.*
Allergens: milk, soy

Sauces & Toppings

Sauce: Pesto, Alfredo, or Homemade Pizza Sauce

Pepperoni	Black Beans	Ham	Onion
Bell Pepper	Chicken	Bacon	Pineapple
Garlic & Herb	Mushrooms	Sausage	Artichoke Hearts
Spinach	Black Olives	Tomatoes	

Caprese Half: \$2.25 Whole: \$4.00

Nut-free basil pesto, tomatoes and shredded mozzarella cheese.

Calories 545 Fat 34g Sat Fat 10g Sodium 990mg Carbs 35g Fiber 5g Sugar 7g Protein 25g.
Allergens: milk, wheat, soy

Gyro Half: \$3.00 Whole: \$5.00

Tzatziki sauce, beef/lamb gyro meat, red onion, tomatoes, shredded mozzarella cheese and feta cheese.

Calories 700 Fat 36g Sat Fat 20.5g Sodium 1492mg Carbs 44g Fiber 4.5g Sugar 5.5g Protein 39.5g.
Allergens: milk, wheat, soy

Roasted Garlic Chicken Half: \$2.50 Whole: \$4.25

Organic alfredo sauce, grilled chicken, red onions, and garlic & herb seasoning topped with shredded mozzarella cheese.

Calories 710 Fat 26g Sat Fat 10g Sodium 1392mg Carbs 51g Fiber 4g Sugar 8g Protein 77g.
Allergens: milk, wheat, soy

BBQ Hawaiian Half: \$2.75 Whole: \$4.50

Homemade BBQ sauce, ham, pineapple, and bacon topped with mozzarella cheese.

Calories 615 Fat 21g Sat Fat 9g Sodium 1055mg Carbs 68g Fiber 4g Sugar 50g Protein 29g.
Allergens: milk, wheat, soy. Contains pork

Vegetable Half: \$2.25 Whole: \$4.00

Homemade pizza sauce, spinach, mushroom, onion, tomatoes, and bell peppers topped with mozzarella cheese.

Calories 386 Fat 15g Sat Fat 4g Sodium 558mg Carbs 55g Fiber 10g Sugar 17g Protein 20g.
Allergens: milk, wheat, soy

Spinach Artichoke Half: \$2.25 Whole: \$4.00

Organic alfredo sauce, artichoke hearts, spinach, and tomatoes topped with mozzarella cheese.

Calories 500 Fat 25g Sat Fat 10g Sodium 1291mg Carbs 8g Fiber 11g Sugar 9g Protein 25g.
Allergens: milk, wheat, soy

Wraps

Sub Gluten Free Tortilla, add \$1.25
Additional toppings 25-75¢ each

Eatery Club \$4.50

Reduced sodium deli turkey & ham with cheddar cheese, tomatoes, spinach, and bacon with homemade mustard mayo on a whole wheat tortilla.

Calories 625 Fat 27g Sat Fat 12g Sodium 1496mg Carbs 47g Fiber 3g Sugar 5g Protein 39g.
Allergens: egg, milk, wheat, soy. Contains pork

Ultimate BLT \$4.25

Bacon, avocado, tomatoes, and spinach with homemade mustard mayo on a whole wheat tortilla.

Calories 595 Fat 31g Sat Fat 8g Sodium 1181mg Carbs 41g Fiber 6g Sugar 4g Protein 19g.
Allergens: egg, milk, wheat, soy. Contains pork

Chicken Bacon Ranch \$5.00

Grilled chicken strips, bacon, spinach, and tomatoes with ranch on a whole wheat tortilla.

Calories 765 Fat 33.5g Sat Fat 10.5g Sodium 1907mg Carbs 50.5g Fiber 2.5g Sugar 4.5g Protein 52.5g.
Allergens: milk, wheat, soy. Contains pork

Southwest (Veggie) \$4.00

Black beans, roasted corn, bell peppers, spinach, avocado, onion, and homemade chipotle mayo sauce on a whole wheat tortilla.

Calories 565 Fat 17 Sat Fat 5g Sodium 712mg Carbohydrates 83.5g Fiber 10.5g Sugar 16g Protein 17.5g.
Allergens: egg, milk, wheat, soy

BYO Wrap or Sandwich \$4.00

Build your own wrap or sandwich on a whole wheat tortilla or your choice of bread. Choose one sauce and up to three toppings.

**Nutritional and Allergens vary. Based on tortilla, turkey, cheese, lettuce, and mayo. Calories 438 Fat 17.5g Sat fat 7.5g Sodium 900mg Carbs 44g Fiber 2g Sugar 3g Protein 25g*
May contain egg, milk, wheat, soy

Fresh Soup

Daily Soup Cup \$1.75 Bowl \$2.25

Limited availability and subject to change

Bulk Soup \$5.50
32 Ounces

A La Carte

Limited availability and subject to change
Available Monday - Friday 11:00 AM - 1:00 PM

Entrée of the Day \$2.75

Grilled Chicken Breast ♥ \$2.00

Calories 150 Fat 3g Sat Fat .5g Sodium 250mg Carbs 0g Fiber 0g Sugar 0g Protein 28g.

Side of Daily Starch \$1.25

Side of Daily Vegetable ♥ \$1.25

Burger Patty \$2.75

Calories 390 Fat 30g Sat Fat 12g Sodium 85mg Carbs 0g Fiber 0g Sugar 0g Protein 27g

Bison Burger Patty \$3.50

Calories 260 Fat 15g Sat Fat 6g Sodium 90mg Carbs 0g Fiber 0g Sugar 0g Protein 30g

Gyro Meat Slice 50¢

Calories 75 Fat 5g Sat Fat 2.5g Sodium 225mg Carbs 2.5g Fiber 0g Sugar 0g Protein 4g

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Whether consuming food at home or dining in, consuming FULLY cooked meats, eggs, or fish reduces the chance of foodborne illness.

Items with a ♥ indicate a heart healthy item or entree, according to CDC recommendations.



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