



Soups

- Broccoli Cheese** 570 cal bowl/430 cal cup
- Tomato Basil** 530 cal bowl/340 cal cup
- Organic Garden Vegetable** 120 cal bowl/90 cal cup

Salads & Wraps

Garden-Fresh Salad Bar (excluding bacon and regional recipes)

Mesa Chicken Salad (request no chicken)
700 cal original/410 cal lighter Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

Nutty Mixed-Up Salad (request no chicken)
620 cal original/350 cal lighter Organic field greens, feta, grapes, cranberry-walnut mix, organic apples, balsamic vinaigrette.

Chicken Club Salad (request no chicken or bacon)
930 cal original/480 cal lighter Sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

Spinach Veggie Wrap
430 cal Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

Sandwiches

Grilled Cheese & Tomato Soup Combo
1010 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

Build Your Own Veggie Sandwich
 Your choice of bread, cheese, spreads and toppings!

Texacado Toast
670 cal Fresh avocados, roasted corn and black bean mix, cheddar, jalapeño ranch, on toasted Mexican-style bread with salsa. Served with blue corn chips and salsa.

Avocado Toast
380 cal Fresh avocado, feta, on toasted sourdough. Served with your choice of a cup of soup or fruit.

Kid's Menu

- Mac & Cheese** 470 cal
- Grilled Cheese** 450 cal wheat/480 cal white
- Cheese Pizza** 470 cal
- Kid's Baked Potato** (request no bacon) 650 cal

Sides

- American potato salad** 8 oz/510 cal
- Italian pasta salad** 8 oz/350 cal
- Roasted corn & black bean salad** 8 oz/240 cal
- Steamed veggies** 60 cal
- Pickle** 1 spear/5 cal
- Fresh fruit cup** 60-180 cal (dip: 150 cal)
- All Chips** 100-150 cal
- Blue corn tortilla chips & guacamole** 410 cal
- Blue corn tortilla chips & salsa** 250 cal
- Blue corn tortilla chips & roasted red pepper hummus** 420 cal

Pastas

Served with toasted herb focaccia bread. (240/120 cal)
Pasta Alfredo (request no chicken)
1090 cal original/680 cal lighter Penne, Alfredo sauce, Asiago.

Zucchini Garden Pasta
1090 cal original/710 cal lighter Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

The Plain Jane® (request no bacon)
1650 cal original/960 cal lighter Cheddar, sour cream, butter, green onions.

Vegan All The Way

Organic Garden Vegetable 120 cal bowl/90 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)
540 cal original/310 cal lighter portion
 Served with balsamic vinaigrette.

Spinach Veggie Wrap (request no cheese)
290 cal Organic wheat wrap with mushrooms, organic spinach, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies 60 cal broccoli, zucchini, organic carrots

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Cup (request no fruit dip) 60-180 cal

Salad Bar Choices

Mixed salad greens 1 cup/5 cal	Organic apple slices 4 slices/30 cal	Croutons 4 oz/140 cal
Organic field greens 1 cup/10 cal	Beets 1 beet/5 cal	All crackers (except 3 Seed & Sea Salt Flatbread)
Organic spinach 1 cup/20 cal	Zucchini sticks 2 oz/5 cal	Dressings 2 oz.
Grape tomatoes 4 tomatoes/15 cal	Organic Hummus - Red Pepper 2 oz/100 cal	Extra Virgin Olive Oil 450 cal (bottle)
Cauliflower 4 oz/15 cal	Cranberry walnut mix 1 oz/80 cal	Balsamic Vinegar 130 cal (bottle)
Broccoli 4 oz/15 cal	Red onion rings 2 pieces/5 cal	Red Wine Vinegar 10 cal (bottle)
Mushrooms 2 oz/5 cal	Cucumber slices 3 slices/5 cal	Balsamic Vinaigrette 140 cal
Organic baby carrots 5 carrots/10 cal	Country Olive Blend 5 olives/35 cal	
Red/yellow bell pepper 4 strips/10 cal	Jalapeños 2 oz/5 cal	
Artichoke hearts 2 oz/10 cal	Piquillo peppers 2 oz/15 cal	
Italian peppers 1 pepper/5 cal	Spicy giardiniera 2 oz/130 cal	

Add a fresh-cracked egg* to any salad or sandwich. 80 cal

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.