

## Soups

**Broccoli Cheese** 570 cal bowl/430 cal cup

**Tomato Basil** 530 cal bowl/340 cal cup

**Hearty Vegetable Chili** 500 cal bowl/340 cal cup  
Plant-based

## Salads

**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, strawberries, balsamic vinaigrette.

## Sandwiches

**Grilled Cheese & Tomato Soup Combo**

1090 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!

**Texacoast 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.

**Spinach Veggie Wrap**

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

## Kid's Menu

**Mac & Cheese** 470 cal

**Grilled Cheese** 530 cal wheat/560 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** 80-0 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

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

## Handcrafted Bowls

**Great Southwest** 890 cal (request no chicken)

Lettuce, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch dressing, Southwest spices.

**Modern Med** 920 cal (request no chicken)

Organic quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, toasted pita, Greek dressing.

## 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

**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, cauliflower

**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 field greens  
1 cup/10 cal

Organic spinach  
1 cup/20 cal

Grape tomatoes  
4 tomatoes/15 cal

Cauliflower  
4 oz/15 cal

Broccoli  
4 oz/15 cal

Mushrooms  
2 oz/5 cal

Organic baby carrots  
5 carrots/10 cal

Red/yellow bell pepper  
4 strips/10 cal

Artichoke hearts  
2 oz/10 cal

Pepperoncinis  
1 pepper/5 cal

Veggie Quinoa Salad  
2 oz/30 cal

Beets  
1 beet/5 cal

Zucchini sticks  
2 oz/5 cal

Organic Hummus - Red Pepper  
2 oz/100 cal

Cranberry walnut mix  
1 oz/80 cal

Red onion rings  
2 pieces/5 cal

Cucumber slices  
3 slices/5 cal

Country Olive Blend  
5 olives/35 cal

Jalapeños  
2 oz/5 cal

Piquillo peppers  
2 oz/15 cal

Spicy jardiniere  
2 oz/130 cal

CROUTONS  
4 oz/140 cal

All crackers  
(except 3 Seed & Sea Salt Flatbread)

Dressings 2 oz.

Extra Virgin Olive Oil  
450 cal (bottle)

Balsamic Vinegar  
130 cal (bottle)

Red Wine Vinegar  
10 cal (bottle)

Balsamic Vinaigrette  
140 cal

\*Consuming raw or undercooked 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. ©VEG Jan 2023