

Vegetarian Menu



Special diets get special attention. *It's a family thing.™*

Soups

Broccoli Cheese 430 cal bowl/320 cal cup
Organic Vegetable 190 cal bowl/140 cal cup
Tomato Basil 570 cal bowl/430 cal cup

Salads

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

Mesa Chicken Salad (request no chicken)
730 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)
640 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)
940 cal original/480 cal lighter Sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

Sandwiches & Wraps

Caprese Panini
770 cal IT'S BACK! Fresh mozzarella, organic spinach, tomato, pesto aioli, herb focaccia.

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

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

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

Kid's Menu

Mac & Cheese 420 cal
Grilled Cheese 450 cal wheat/480 cal white
Cheese Pizza 470 cal
Kid's Baked Potato (request no bacon) 640 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)
Chips or baked chips 150/100 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
1080 cal original/700 cal lighter Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

The Plain Jane® (request no bacon)
1640 cal original/960 cal lighter Cheddar, sour cream, butter, green onions.

Vegan All The Way

Organic Vegetable Soup 190 cal bowl/140 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)
560 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

All chip flavors 150 cal

Salad Bar Choices

Mixed salad greens 1 cup/5 cal	Beets 1 beet/5 cal	Spicy giardiniera 2 oz/130 cal
Organic field greens 1 cup/10 cal	Green peas 2 oz/35 cal	Croutons 4 oz/140 cal
Organic spinach 1 cup/20 cal	Zucchini sticks 2 oz/5 cal	All crackers (except 3 Seed & Sea Salt Flatbread)
Grape tomatoes 4 tomatoes/15 cal	Hummus - Roasted Red Pepper 2 oz/100 cal	Dressings 2 oz.
Broccoli 4 oz/15 cal	Cranberry walnut mix 1 oz/80 cal	Extra Virgin Olive Oil 110 cal (bottle)
Mushrooms 2 oz/5 cal	Red onion rings 2 pieces/0 cal	Balsamic Vinegar 60 cal (bottle)
Organic baby carrots 5 carrots/10 cal	Cucumber slices 3 slices/5 cal	Red Wine Vinegar 10 cal (bottle)
Red/yellow bell pepper 4 strips/10 cal	Kalamata olives 5 olives/25 cal	Balsamic Vinaigrette 140 cal
Artichoke hearts 2 oz/10 cal	Stuffed green olives 5 olives/80 cal	
Italian peppers 1 pepper/5 cal	Jalapeños 2 oz/5 cal	
Organic apple slices 4 slices/30 cal	Piquillo peppers 2 oz/15 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.