



ESPRESSO *and* COFFEE

We proudly brew Starbucks® Coffee

Regular or Decaf **2/3**

Hot Cocoa **2.75/3.75**

Cappuccino **2.75/3.75**

Café Latte **3.25/3.75**

Café Mocha **3.50/4**

Café Americano **2.50/3.50**

Espresso Shot **2.25/3.25**

DRINKS *and* TREATS

Fruit Juice **2/3**

Fountain Drink **2/3**

Bottled Soda **2.50/3.50**

Milk **2/3**

Bottled Water **2.50/3.50**

Fruit Smoothie **3/4**

First price = Resident cost / Second price = Guest cost





All Day BREAKFAST

Egg substitute available upon request.

Toast 1/2 V

White, Wheat, Marble, or English Muffin | Butter

Oatmeal 1.50/2.50 V

345 Cals, 61g Carbs, 11g Prot, 8g Fat, 35mg Sodium
Oatmeal | Berries | Granola

Assorted Cereals 2/3 V

Freshly Baked Pastries 2/3

Fresh Fruit 2.50/3.50 V

239 Cals, 39g Carbs, 12g Prot, 5g Fat, 71mg Sodium
Grape | Melon | Pineapple

Bagel 3/4 V

Plain, Everything, or Cinnamon Raisin
Cream Cheese

Parfait 3/4 V

190 Cals, 19g Carbs, 14g Prot, 6g Fat, 102mg Sodium
Greek Yogurt | Berries | Granola

Waffles 5/6 V

635 Cals, 93g Carbs, 8g Prot, 23g Fat, 881mg Sodium
Buttermilk Waffles | Berries | Maple Syrup
Whipped Butter

Featured Omelet of the Day* 9/10

Toast | Fresh Fruit



CHEF-inspired SOUPS

Cup 3/4 or Bowl 4/5

Wisconsin Cheese Soup

259 Cals, 21g Carbs, 8g Prot, 17g Fat, 827mg Sodium
Whole Milk | Cheddar Cheese | Bacon
Green Pepper | Celery | Onion

Chef's Featured Soup

Ask about our
Chef's selection!

Flatbread PIZZA

Vegetable Supreme 8/9 V

496 Cals, 53g Carbs, 25g Prot, 20g Fat, 1115mg Sodium
Flat Bread | Marinara | Black Olive | Mushroom
Bell Pepper | Red Onion | Mozzarella

Pepperoni 7/8


510 Cals, 52g Carbs, 27g Prot, 24g Fat, 1378mg Sodium
Flat Bread | Pepperoni | Marinara | Mozzarella


Hamburger* 8/9


800 Cals, 96g Carbs, 38g Prot, 27g Fat, 1939mg Sodium
Flat Bread | Marinara | Ground Beef | Mozzarella



First price = Resident cost / Second price = Guest cost

 Vegetarian

 Gluten-Free Friendly

 Thrive Healthier Choice

*Consuming raw or undercooked animal products, such as meat or eggs, may increase your risk of foodborne illness.

Signature SANDWICHES

Each sandwich comes with a choice of one side item.



Pecan Chicken Salad* 6/7

281 Cals, 36g Carbs, 13g Prot, 10g Fat, 769mg Sodium

Chicken Breast | Pecan | Grape | Lettuce | Tomato | Toasted White Bread

Toasted Italian Hero* 9/10

617 Cals, 37g Carbs, 33g Prot, 37g Fat, 2076mg Sodium

Salami | Ham | Pepperoni | Mozzarella | Lettuce | Red Onion | Tomato
Oregano | Oil and Vinegar | Hoagie Roll

Turkey and Swiss Wrap* 9/10

701 Cals, 60g Carbs, 43g Prot, 32g Fat, 1747mg Sodium

Oven-Roasted Turkey Breast | Swiss Cheese | Lettuce | Tomato
Onion | Mayonnaise | Flour Tortilla

Country Rib Sandwich* 7/8

543 Cals, 50g Carbs, 24g Prot, 27g Fat, 1246mg Sodium

4oz Boneless Pork Patty | BBQ Sauce | Pickle | Red Onion | Hoagie Bun

Blackstone Reuben* 12/13

1109 Cals, 57g Carbs, 96g Prot, 55g Fat, 3925mg Sodium

Corned Beef | Swiss Cheese | Sauerkraut | Thousand Island Dressing | Toasted Rye Bread

SIDE

Options

Chips 2.50

Cottage Cheese 2.50

Fruit 2.50

Potato Wedges 2.50

Side Salad 2.50

Wild GREENS

BUILD YOUR OWN

Regular 6/7 or Thrive Portion 3/4







1. Choose Your Greens

Romaine Heart | Spinach | Iceberg Lettuce | Blend of All Three








2. Included Items

Carrot | Red Onion | Grape Tomato | Cucumber | Radish







3. Added Protein

Ham* 2/3 | Pepperoni 2/3 | Turkey* 2/3  | Bacon* 2/3 | Salami 2/3
Grilled Chicken Breast* 4/5  | Poached Shrimp* 7/8  | Grilled Salmon* 7/8 

4. Add-ons 50¢ Each

Black Olive | Bell Pepper  | Strawberry  | Avocado | Tomato  | Cucumber 
Onion  | Carrot  | Radish  | Croutons
Cheddar Cheese | Feta Cheese | Mozzarella Cheese | Parmesan Cheese

5. Choose Your Dressing

Ranch  V | Balsamic Vinaigrette  V | Caesar Dressing  | Classic Italian Vinaigrette  V
Fat-Free Raspberry Vinaigrette  V | Dorothy Lynch  V | Poppy Seed 