

# 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.

## Oatmeal 1.50/2.50 V

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

## Assorted Cereals 2/3 V

239 Cals, 39g Carbs, 12g Prot, 5g Fat, 71mg Sodium

## Freshly Baked Pastries 2/3 V

**Parfait 3/4  GF  V**  
190 Cals, 19g Carbs, 14g Prot, 6g Fat, 102mg Sodium  
Greek Yogurt | Berries | Granola

## Fruit Platter 5/6 V

239 Cals, 39g Carbs, 12g Prot, 5g Fat, 71mg Sodium  
Melon | Pineapple | Berries  
Yogurt or Cottage Cheese

## French Toast 5/6 V

449 Cals, 74g Carbs, 6g Prot, 13g Fat, 521mg Sodium  
Brioche | Berries | Maple Syrup | Whipped Butter


## 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\* 7/8

Toast | Fresh Fruit

## Build Your Own Breakfast Platter

Toast (White, Wheat, or Marble Rye)	.50	Ham*	1
Egg*	1	Whole Fruit 	1
Bacon*	1	English Muffin	1
Sausage*	1	Bagel with Cream Cheese	3
		Hash Brown	2

# CHEF-inspired SOUPS

Choose a Cup 3/4 or Bowl 4/5

## Chili\*

115 Cals, 12g Carbs, 8g Prot, 3g Fat, 435mg Sodium  
Ground Beef | Kidney Beans  
Green Bell Peppers | Tomato

## 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

# 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

## 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

## Turkey Club\* 9/10

513 Cals, 48g Carbs, 21g Prot, 27g Fat, 1296mg Sodium  
Turkey | Bacon | Lettuce | Tomato | Mayonnaise | Toasted White Bread

## A.B.L.T.\* 9/10

428 Cals, 35g Carbs, 12g Prot, 24g Fat, 894mg Sodium  
Avocado | Bacon | Lettuce | Tomato | Toasted White Bread

## Reuben\* 11/12

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 | 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  V

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 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.