TASTY ADD-ONS

**Side Options** 

A La Carte 2.50

Chips

Cottage Cheese

Fruit

**Shoestring Fries** 

Side Salad

Coleslaw

# **Drinks & Treats**

Fruit Juice 2

Fountain Drink 2

**Bottled Soda 2.5** 

Milk 2

**Fruit Smoothie 3** 

Cookies 2

Pastries 3

**Featured Dessert** 

Ask about our Chef's selection!





V Vegetarian

**GFF** Gluten-Free Friendly

Mark Thrive Healthier Choice

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



#### ALL DAY

# **Breakfast**

Oatmeal 3 💆 V

110 Cals, 21g Carbs, 3g Prot, 2g Fat, 20mg Sodium Oatmeal | Berries | Granola

Bagel 3 v

291 Cals, 44g Carbs, 9g Prot, 8g Fat, 412mg Sodium Plain Bagel | Cream Cheese

#### Waffles 5 v

297 Cals, 55g Carbs, 2g Prot, 6g Fat, 380mg Sodium Buttermilk Waffles | Berries | Maple Syrup | Butter

Pancakes 5 v

387 Cals, 66g Carbs, 4g Prot, 10g Fat, 485mg Sodium Two Buttermilk Pancakes | Maple Syrup | Butter

Featured Scramble\* 10 GFF

380 Cals, 31g Carbs, 18g Prot, 21g Fat, 712mg Sodium Two Eggs I Hash Brown Patty I Toast Two Pieces of Bacon or Breakfast Sausage

#### CHEF-INSPIRED

# Soups

**Cup** 3.50 or **Bowl** 5.50

## Tomato Basil Bisque Soup v

241 Cals, 20g Carbs, 3g Prot, 17g Fat, 657mg Sodium
Tomato | Basil | Garlic | Cream

## **Featured Soup**

Ask about our Chef's selection!



#### MADE FRESH

# **Flatbread Pizzas**

## Vegetable Supreme 8 v

483 Cals, 51g Carbs, 25g Prot, 19g Fat, 1033mg Sodium Flatbread | Marinara | Black Olive | Mushroom Bell Pepper | Red Onion | Mozzarella

## Pepperoni 8

717 Cals, 50g Carbs, 37g Prot, 45g Fat, 1983mg Sodium Flatbread | Marinara | Pepperoni | Mozzarella

### Hawaiian 8

498 Cals, 54g Carbs, 32g Prot, 19g Fat, 1470mg Sodium
Flatbread | Marinara | Ham | Pineapple | Mozzarella

#### SIGNATURE

# **Sandwiches**

Each Sandwich comes with a choice of one side item listed on the back of the menu.

### Pecan Chicken Salad\* 9

658 Cals, 40g Carbs, 46g Prot, 35g Fat, 622mg Sodium Chicken Breast | Pecan | Red Grape | Lettuce Tomato | Toasted Bread

## Gyro\* 11

352 Cals, 58g Carbs, 30g Prot, 39g Fat, 1716mg Sodium Slices of Beef & Lamb | Tzatziki | Red Onion Tomato | Lettuce | Pita Bread

## Classic Cheeseburger\* 12

653 Cals, 50g Carbs, 38g Prot, 33g Fat, 1071mg Sodium 4oz All Beef Patty | Cheddar Cheese | Lettuce Tomato | Onion | Pickle | Toasted Bun



### Grilled Cheese 6 v

765 Cals, 50g Carbs, 26g Prot, 55g Fat, 1319mg Sodium Cheddar & Swiss Cheese | Toasted White Bread

### **Blackstone Reuben 12**

620 Cals, 47g Carbs, 35g Prot, 31g Fat, 1568mg Sodium Corned Beef | Swiss Cheese | Sauerkraut Thousand Island Dressing | Toasted Rye Bread

#### FRESH & HEALTHY

# Salads

### Garden Salad 8 8

129 Cals, 24g Carbs, 5g Prot, 3g Fat, 208mg Sodium
Lettuce Blend | Cucumber | Radish | Carrot
Tomato | Red Onion | Crouton

## Berry & Pecan Salad 11 v

407 Cals, 35g Carbs, 11g Prot, 27g Fat, 384mg Sodium Lettuce Blend | Strawberry | Blackberry Blueberry | Pecan | Feta Cheese | Crouton

## **Chef Salad 8**

265 Cals, 23g Carbs, 26g Prot, 8g Fat, 1067mg Sodium Lettuce Blend | Turkey | Ham | Egg | Tomato Cheddar Cheese | Cucumber | Carrot | Crouton

### Cobb Salad 13

512 Cals, 15g Carbs, 44g Prot, 32g Fat, 1065mg Sodium Lettuce Blend | Chicken Breast | Bacon | Tomato Blue Cheese | Avocado | Egg | Crouton

