|   |           |                        | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|-----------|------------------------|---|---|--|---|--|
| Mon – Fri<br>7:30am – 3:00pm<br>Breakfast: 7:30 - 10:30<br>Lunch: 11:15 - 2:00<br>Snacks: 7:30 - 3:00 | BREAKFAST | Sandwich<br>Hot Buffet | Egg, Turkey Bacon,<br>Cheddar Cheese on<br>Croissant<br>VEgg White, Swiss Cheese,<br>Mushrooms, Onion, Kale on<br>Wrap<br>VScrambled Eggs<br>WTater Tots<br>Chicken Apple Sausage<br>Kielbasa | Egg, Cheddar Cheese,<br>Chicken Sausage on Thin<br>Wheat Bagel<br>✓ Egg White, Yellow<br>Cheddar<br>on Brioche Bun<br>✓ Fried Eggs<br>✓ Potato, Quinoa, White<br>Cheddar & Spinach Hash<br>Corned Beef Hash         | Egg, Ham, Swiss Cheese on<br>Brioche Bun<br>VEgg White, Pepper Jack<br>Cheese, Kale, Tomato,<br>Onion on Croissant<br>VScrambled Eggs<br>Black Beans, Tomatoes,<br>Onions, Scallions<br>Pork Sausage | Egg, Bacon, American<br>Cheese on Croissant<br>✓ Egg White, Yellow<br>Cheddar<br>on Thin Wheat Bagel<br>✓ Fried Eggs<br>✓ Home Fries<br>Chicken Apple Sausage | Egg, Swiss Cheese, Chicken<br>Sausage on Brioche Bun<br>✓ Egg White, Pepper Jack<br>Cheese, Black Beans,<br>Tomato, Cilantro, Red<br>Onion on Wrap<br>✓ Scrambled Eggs<br>✓ Hash Brown Patties<br>Turkey Bacon |
|   |           | Waffles                | Kielbasa  | Turkey Bacon<br>Sauteed Green<br>Beans, Cherry Tomatoes,<br>Onions<br>Make Your Own<br>V Waffles<br>V Whipped Cream<br>Strawberries<br>Fruit Compote & Jam<br>Caramelized Banana<br>VChocolate Chips<br>Maple Syrup |  | Bacon<br>★ ♥ Roasted Brussels<br>Sprouts, Shallots  | Chorizo<br>Sautéed Vegetable<br>Medley   |
|   |           | Oatmeal                | مَّلُّ @Oatmeal<br>@Toppings: مُو Raisins, مُو Almonds, Brown Sugar   |   |  |   |  |



Follow us on IG and get the latest news, view the menu, upcoming event, wellness education and more.



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Menus are subject to change due to seasonality and availability.

Before placing your order, please inform your server if a person in your party has a food allergy.

Better-For-You Option \* Vegetarian 🕑 Vegan