

THE DELI

SERVED WITH KETTLE COOKED CHIPS, COLESLAW OR APPLESAUCE AND A PICKLE

TUNA MELT

White Tuna Salad, Cheddar Jack Cheese, Pretzel Roll
8.50 | 456 Cal

CHICKEN CAESAR WRAP

Romaine Lettuce, Chicken, Tomato, Parmesan Cheese
7.95 | 533 Cal

CRAB CAKE SANDWICH

House Made Broiled Crab Cake, Lettuce, Tomato, Toasted Brioche Roll
10.95 | 460 Cal

CLASSIC CLUB

Ham or Turkey with American Cheese, Lettuce, Tomato, Bacon, White or Wheat Toast
7.95 | 750 Cal

THE BAT (Chef's Favorite)

Turkey, Bacon, Avocado, Provolone Cheese, Roasted Garlic Aioli, Ciabatta Bread
8.50 | 705 Cal

BUILD YOUR DELI SANDWICH

Protein | Turkey, Ham and Tuna Salad
Cheese | American, Cheddar, Provolone, Swiss
Toppings | Lettuce, Tomato, Onion, Pickles
Bread | White, Wheat, and Marbled Rye
7.50 | *from* 360 Cal

HALF A DELI SANDWICH & SOUP

7.50 | *from* 350 Cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary

Effective: 05.06.24



MTO SALADS

BERRY SALAD

Mixed Greens, Sliced Strawberries, Blueberries, Toasted Almonds, Roasted Coconut with a Vanilla Vinaigrette
Half...4.50|266 Cal Full...8.95|532 Cal (GF)

WATERMELON SALAD

Arugula Lettuce, Feta Cheese Crumbles, Red Onion, Watermelon with a White Balsamic Vinaigrette
Half...4.50|160 Cal Full...8.95|320 Cal (GF)

CLASSIC CAESAR

Romaine, Parmesan Cheese, Croutons , Parmesan Crisp and Caesar Dressing
Half...3.50|200 Cal Full...6.95|400Cal

BUILD YOUR OWN SALAD

Your Choice of Greens with up to 6 Toppings
Half...3.50|*from* 300 Cal Full...6.95|*from* 500 Cal
Additional Toppings 0.75 each

Add a Protein

Tuna Salad 4.00|300 Cal
6oz. Grilled Chicken Breast 4.00|280 Cal
(5) Grilled Shrimp 6.00|100 Cal
6oz. Grilled Salmon 6.00|400 Cal
6oz Grilled Sirloin 6.00|350 Cal
Avocado 3.00| 140 Cal (V)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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THE GRILL

SERVED WITH HOUSE MADE CHIPS, COLESLAW OR APPLESAUCE AND A PICKLE

PHILLY CHEESESTEAK

American Cheese, Peppers, Onions, Mushrooms

Amoroso Roll

8.50 | 555 Cal

REUBEN SANDWICH

Corned Beef, Swiss Cheese, Thousand

Island Dressing, Sauerkraut, Grilled Rye Bread

8.50 | 660 Cal

CHEESE QUESADILLA

Cheddar Jack Cheese, Diced Tomato, Diced Red Onion

8.50 | 444 Cal (V)

Add Chicken 4.00 | 171 Cal

Add Shrimp 5.00 | 85 Cal

Add Steak 6.00 | 350 Cal

BUILD YOUR BURGER

Lettuce, Tomato, Choice of Cheese, Choice of 2 Toppings

Toasted Brioche

9.00 | 680 Cal

Black Bean Burger or the Impossible
Burger are **Always Available Upon
Request (V)**

8.50 | 478 Cal

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ENTRÉE & SIDES

GRILLED SALMON

Topped with a Fresh Strawberry Salsa
10.99 | 500 Cal (GF)

ARGENTINIAN FLANK STEAK

Marinated and grilled to your desired temperature served
with a Chimichurri Sauce, Cilantro Butter
13.95 | 510 Cal

CAPRESE CHEESE RAVIOLI

Classic Cheese Stuffed Ravioli, Grape Tomato, Sauteed
Spinach, Garlic, Vibrant Basil, Olive Oil, Parmesan Cheese
11.95 | 400 Cal

CHIPOTLE CILANTRO

GRILLED CHICKEN

Chef's Marinated Chicken Breast, topped with a Mango
Cilantro Coulis
8.95 | 320 Cal

SIDES

RICE PILAF 1.75

FRENCH FRIES 2.50

SWEET POTATO FRIES 2.50

MAC & CHEESE 2.50

WHIPPED POTATOES 1.75

BABY SPINACH 1.75

BABY CARROTS 1.75

GREEN BEANS 1.75

BROCCOLI 1.75

GRILLED SQUASH MEDLEY 1.75

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DAILY SPECIALS



CAFÉ 100

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BREAKFAST

BELGIAN WAFFLE

With Berries & Whipped Cream

4.99 | 525 Cal

BUTTERMILK PANCAKES

4.50 | 340 Cal

FRENCH TOAST

4.25 | 640 Cal

BREAKFAST QUESADILLA

Flour Tortilla with Scrambled Eggs, Ham and Cheddar

5.25 | 629 Cal

TWO EGGS SERVED ANY WAY

With choice of toast

2.95 | 629 Cal

BREAKFAST SANDWICH

TWO EGGS AND CHOICE OF:

MEAT – Ham, Bacon, Sausage

CHEESE – American, Cheddar, Provolone or Swiss

BREAD – Bagel, English Muffin or Croissant

5.25 | 528 Cal

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BREAKFAST

BAKED OATMEAL

Peaches & Blueberries, Add Milk
3.95 | 525 Cal

EGG OMELET

Farm Fresh Eggs or Egg Whites and 3 add-ins.
Served with choice of Toast

Add-ins: Spinach, Tomatoes, Feta Cheese, Cheddar Cheese,
Onions, Peppers, Mushrooms, Bacon, Ham
Additional add-ins available at .75 each
5.25 | *from* 340 Cal

ALA CARTE ITEMS

Bacon, 3 strips
2.50 | 126 Cal

Sausage Patties, 2 each
2.50 | 132 Cal

Hash Browns or Home Fries
2.50 | 185 Cal

Toast and Butter

Cottage White Bread, Wheat Bread,
Wheat Kaiser, Marble Rye Bread,
Ciabatta, English Muffin
Gluten Free White Bread

1.00 | *from* 120 Cal

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