

GET FIRED UP

IGNITE

4 GREAT FOOD

COMBO

SANDWICH | \$9.99 OMELET | \$13.99

CHOICE OF ENTREE + HASHBROWNS
+ HOT COFFEE or 20 OZ DRINK

ENTREE

SANDWICH | \$5.99 OMELET | \$9.99



MEAL EXCHANGE

CHOICE OF ENTREE + HAND FRUIT
+ HOT COFFEE or 20 OZ DRINK

BREAKFAST

MON-FRI SAT-SUN

7:00AM-10:30AM 8:00AM-11:00AM



SANDWICH

GLUTEN FRIENDLY BUN AVAILABLE UPON REQUEST

PICK YOUR BREAD 1

FLOUR TORTILLA 110CAL

CROISSANT 270CAL

BRIOCHE BUN 205CAL

PICK YOUR TOPPINGS 3

FRIED EGG 90CAL

EGG WHITES 45CAL

SCRAMBLED EGGS 130CAL

AMERICAN CHEESE 80CAL

CHEDDAR CHEESE 110CAL

TURKEY SAUSAGE PATTY 60CAL

TURKEY BACON 100CAL

PORK SAUSAGE PATTY 180CAL



OMELET

PICK YOUR EGGS 1

WHOLE EGGS 130CAL

EGG WHITES 45CAL

PICK YOUR TOPPINGS 4

SPINACH 5CAL

YELLOW ONION 25CAL

MUSHROOMS 10CAL

PEPPERS 5CAL

TOMATOES 5CAL

TURKEY 30CAL

HAM 35CAL

AMERICAN CHEESE 80CAL

CHEDDAR CHEESE 110CAL

SIDES HASHBROWNS

\$4.30 | 330CAL

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION
ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL
NUTRITION INFORMATION AVAILABLE UPON REQUEST.

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4 GREAT FOOD

COMBO MEAL

MAINS ENTREE + FRIES + 20 OZ DRINK

PIZZA 7" PIE + 20 OZ DRINK



MEAL EXCHANGE

COMBO MEAL + FRUIT or COOKIE



MAINS

GLUTEN FRIENDLY BUN AVAILABLE UPON REQUEST

SMASH BURGER 420 CAL

Beef patty & American cheese on bun
ENTREE: \$11.00 | COMBO: \$14.00

VEGGIE QUESADILLA 760 CAL

Green bell peppers, yellow onions, diced tomatoes & mushrooms in a crispy tortilla
ENTREE: \$10.00 | COMBO: \$13.00

CHEDDAR QUESADILLA 740 CAL

Cheddar cheese in a crispy tortilla
ENTREE: \$10.00 | COMBO: \$13.00

BEEF QUESADILLA 950 CAL

Beef & cheese in a crispy tortilla
ENTREE: \$11.00 | COMBO: \$14.00

CHICKEN QUESADILLA 880 CAL

Chicken & cheese in a crispy tortilla
ENTREE: \$11.00 | COMBO: \$14.00

PHILLY CHEESESTEAK 590 CAL

Sliced beef & melted American cheese on a hoagie roll
ENTREE: \$12.00 | COMBO: \$15.00

CHICKEN PHILLY 410 CAL

Grilled chicken, melted American cheese & fried onions on a hoagie roll
ENTREE: \$12.00 | COMBO: \$15.00

CHICKEN STRIPS + FRIES 1210 CAL

4 chicken strips & crispy waffle fries
ENTREE: \$10.00

FALAFEL WRAP 730 CAL

Falafel, tomato, cucumber, feta, spinach, tzatziki & hummus in a wrap
ENTREE: \$11.00 | COMBO: \$14.00

CHICKEN CAESAR WRAP 570 CAL

Grilled chicken, lettuce, parmesan cheese, croutons & Caesar dressing in a flour tortilla
ENTREE: \$10.00 | COMBO: \$13.00

BEYOND BURGER 540 CAL

Plant-based Beyond Burger, lettuce, tomato, caramelized onions & pickles on toasted bun
ENTREE: \$13.00 | COMBO: \$16.00



PIZZA

PEPPERONI PIZZA 770 CAL

Pepperoni & shredded mozzarella cheese
7" PIE: \$7.99 | COMBO: \$9.99

VEGGIE PIZZA 680 CAL

Sautéed mushrooms, mixed bell peppers, ricotta cheese & shredded mozzarella cheese
7" PIE: \$7.99 | COMBO: \$9.99

CHEESE PIZZA 660 CAL

Shredded mozzarella cheese
7" PIE: \$6.99 | COMBO: \$8.99

SIDES WAFFLE FRIES

\$4.30 | 350CAL