

Scrambled Eggs
180 cal | 4 OZ | \$0.78
HALAL
Allergens: egg, soy



Buttermilk Pancakes
230 cal | 2 EA | \$0.55

Allergens: milk, egg, soy, wheat, gluten



Bacon Slices
70 cal | 2 EA | \$0.60

Scrambled Egg
100 cal | 2 OZ | \$1.78
HALAL
Allergens: soy



Hashbrown Patty
170 cal | 1 EA | \$0.33
HALAL



Pork Sausage Patty
170 cal | 1 EA | \$0.53

Turkey Sausage Links
90 cal | 2 EA | \$0.77

= vegan = plant-based = vegetarian

Pork Tenderloin
180 cal | 4 OZ | \$1.19

Rice
180 cal | 4 OZ | \$0.27
HALAL



Vegetable Lo mein
4 OZ | \$0.53
Allergens: wheat, soy gluten



Fried Chicken with Duck Sauce
790 cal | 1 EA | \$3.15
Allergens: milk, egg, gluten, wheat

Eggroll
1 EA | \$0.92
Allergens: wheat, soy gluten

= vegan = plant-based = vegetarian

Fried Chicken with Sweet Chili

790 cal | 1 EA | \$3.15

Allergens: milk, egg, gluten, wheat

Kalbi Beef

220 cal | 3 OZ | \$3.69

Allergens: wheat, soy, gluten, sesame

Spaetzle

220 cal | 4 OZ | \$0.83

Allergens: milk, egg, wheat, gluten



Garlic Roasted Green Beans

60 cal | 4 OZ | \$0.67

HALAL



Empanada

4 OZ | \$1.25

Allergens: wheat, soy, gluten



VG = vegan **🌱** = plant-based **V** = vegetarian



If you have food allergies or dietary requirements, please contact the manager on duty or one of our Registered Dietitians.

Slices May 11

Cheese

Allergens: milk, wheat, soy, gluten, sesame

\$1.10

Pepperoni

Allergens: milk, wheat, soy, gluten, sesame

\$1.23

Plant Based Pizza

Allergens: wheat, soy, gluten, coconut, sesame

**Don't see this item available? Please ask your server!*

\$0.92

Vegetable Lover's Sicilian

Allergens: milk, wheat, soy, gluten, sesame

\$1.66

SLICES



Sizzle May 11

SIZZLE

GRILL + GRIDDLE

ALL ITEMS MADE WITHOUT GLUTEN

EXCLUSIVELY AT CIW

**Chicken
Tenders**

\$3.38

HALAL

Hamburger	\$3.99
<i>Allergens: egg</i>	
Cheeseburger	\$4.19
<i>Allergens: milk, egg</i>	
Beyond Burger®	\$3.31
<i>Allergens: egg, coconut</i>	
French Fries VG	\$0.42
Grilled Cheese Sandwich V	\$1.41
<i>Allergens: milk, egg, soy</i>	
Grilled Cheese Sandwich with Smoke Master Ham	\$1.88
<i>Allergens: milk, egg, soy</i>	
Sweet Potato Fries V	\$1.28

Consumer advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. We may experience substitutions of some of our food and beverage items, and therefore, nutrition and allergen information is subject to change.

V = Vegetarian VG = Vegan P = Plant-Based

Build It!

Burrito served with chips \$4.12

Burrito Bowl served with chips \$4.12

All Burritos and Bowls are served with 4 oz of House Fried Tortilla Chips | 80 cal **VG**

Allergens: soy

Tortilla

Flour 310 cal **VG** 1 EA

Allergens: wheat, gluten

Wheat 290 cal **VG** 1 EA

Allergens: wheat, gluten

Rice

Cilantro Lime Rice 140 cal **VG** 4 OZ

Beans – select 1

Pinto Beans 170 cal **VG** 4 OZ

Ranch Style Black Beans 100 cal **V** 4 OZ

m Mindful **VG** Vegan **V** Vegetarian **Y** Plant Based

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Fillings- select 1

Balsamic Grilled Vegetables 110 cal **VG** 4 OZ

Fajita Grilled Chicken 150 cal **m** 2 OZ

Pulled Pork Carnitas 160 cal 2 OZ

Toppings- select 4

Shredded Lettuce 0 cal **m VG** 2 OZ

Shredded Jack Cheese 110 cal **V** 2 OZ

Allergens: milk

Queso Fresco Cheese 80 cal **V** 2 OZ

Allergens: milk

Sour Cream 60 cal **V** 2 OZ

Allergens: milk

Pico de Gallo 15 cal **VG** 2 OZ

Fire Roasted Tomato Salsa 50 cal **VG** 2 OZ

Roasted Corn Salsa 35 cal **VG** 2 OZ

Salsa Verde 20 cal **VG** 2 OZ

Picante Sauce 20 cal **VG** 2 OZ

Extras

Guacamole 100 cal **VG** 2 OZ \$0.51

New England Clam Chowder
100 cal | 8 OZ | \$1.35

This rich and delicious chowder is made with diced white potatoes, fresh cream, clams and celery

Allergens: fish, gluten, milk, shellfish, soy, wheat

Chicken Noodle Soup
110 cal | 8 OZ | \$1.26

Allergens: egg, gluten, soy, wheat



Roasted Red Pepper & Gouda Bisque
280 cal | 8 OZ | \$2.12

A rich, velvety bisque of pureed roasted red bell peppers with smoked Gouda, sweet basil leaves, garlic and fresh cream

Allergens: gluten, milk, soy, wheat



Mindful



Vegan



Plant Based



Vegetarian