

A LA CARTE DINING

PHILLY STEAK SANDWICH \$6.15 49 gm carbs
Grilled seasoned beef, bell peppers, & onions with Swiss cheese on a grilled hoagie bun.

CROISSANT FRENCH TOAST \$5.35 45 gm carbs
Grilled egg battered croissant topped with whipped butter & berries.

OMELET \$4.00 30 gm carbs
Choice of onions, bell peppers, & tomatoes. Topped with shredded cheddar cheese.

BREAKFAST SANDWICH \$6.15 31 gm carbs
(1) egg fried hard with choice of cheese, bacon, ham, or sausage. Served on toast or fresh-baked biscuit.

BREAKFAST BURRITO \$6.15 60 gm carbs
Scrambled eggs with choice of bacon, sausage, ham, onions, bell peppers, tomatoes, & cheese. Rolled in a grilled flour tortilla.

BLT \$5.35 30 gm carbs
Your choice of bread with bacon, lettuce, & tomato.


ROASTED TURKEY OR SMOKED HAM WRAP \$5.35 30 gm carbs
Choice of roasted turkey or smoked ham in a flour tortilla with lettuce, tomato, & onion.

GOURMET GRILLED CHEESE SANDWICH \$5.00 35 gm carbs
Choice of Swiss, American, or cheddar jack cheese on grilled wheat-berry bread. Grilled tomato & bacon upon request.

GRILLED CHEESE SANDWICH \$4.35 30 gm carbs
Choice of grilled bread with melted cheese.

BREADED SHRIMP BASKET \$7.20 55 gm carbs
Six fried breaded shrimp with 2 hushpuppies and cocktail sauce.

GRILLED TURKEY CRANBERRY SANDWICH \$7.20 32 gm
Roasted turkey, Swiss cheese, bacon, & cranberry chutney on grilled wheatberry bread.

 **GF** **CHEF SALAD \$6.60** 9 gm carbs before dressing
Chopped lettuce topped with julienned ham & turkey, sliced boiled egg, tomato, cheese, & dressing.

CRISPY CHICKEN TENDERS \$4.35 30 gm carbs
Hand-breaded chicken strips deep fried to a golden brown. Served with your choice of dipping sauce.

QUESADILLA (BEEF, CHICKEN, OR VEGGIE) \$5.95 60 gm
Seasoned grilled chicken or beef, cheese, onions, bell peppers, & diced tomatoes.

GRILLED OR FRIED CHICKEN CLUB SANDWICH \$7.20 30 gm
Grilled or hand-breaded boneless chicken breast with American cheese, bacon, lettuce, tomato, onion, & pickle.


BUILD YOUR OWN BURGER \$5.95 30 gm carbs
Fresh, never frozen, beef patty on toasted bun with lettuce, tomato, onion, & pickles. Choose one: bacon, mushrooms, grilled onions, or fried egg. 30 gm carbs



OPEN FACE BACON TOMATO & CHEESE SANDWICH \$6.15
Melted American cheese with tomato and bacon on toast. 34 gm carbs

CHICKEN BISCUITS \$6.15 66 gm carbs
Two fried chicken patties on a fluffy biscuit.

CORNED BEEF OR TURKEY REUBEN \$7.20 41 gm carbs
Grilled corned beef or turkey with Swiss cheese, sauerkraut, and 1,000 Island dressing on bread.

A LA CARTE SIDE DISHES

2 Pancakes \$2.65
 Oatmeal 21 gm carbs \$2.65
GF Bacon, Sausage, or Ham 0 gm carbs \$2.65
GF 1 Egg Cooked Your Way \$1.00
Biscuit & Gravy 22 gm carbs \$2.65
Toast or Biscuit 30 gm carbs \$2.45
GF Hash Browns 46 gm carbs \$2.65
Hand Breaded Onion Rings 51 gm carbs \$3.50

 **GF** Veggie of the Day \$2.65
GF French Fries 30 gm carbs \$2.65
GF Sweet Potato Fries 30 gm carbs \$2.65
Breaded Okra 30 gm carbs \$2.65
 **GF** Fruit 15 gm carbs \$2.65
Soup 21 gm carbs \$2.95
Dessert of the Day \$3.50

Free Sweet Tea, Iced Tea, Lemonade, or Coffee

Milk or Juice \$1.70

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."



= Heart Healthy



= Gluten Free

A Consistent Carbohydrate Diet Is 60 Grams Of Carbs Per Meal

