



## Weekly Menu and Nutrition Information



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast Special</i>	<i>Build Your Own Avocado Toast</i>	<i>Chilaquiles Fajita Red or Green Sauce 2 Eggs Any Style</i>	<i>French Toast w/Berry Compote &amp; Espresso Syrup</i>	<i>Longhorn Slam 2 Eggs Bacon or Sausage, Home Fries 9 Grain Toast</i>	<i>Chefs Choice</i>
<i>Taco Special</i>	<i>Chorizo</i>	<i>Carne Guisada</i>	<i>Sausage &amp; Peppers</i>	<i>Chicharon</i>	<i>Barbacoa</i>
<i>Soup Du Jour</i>	Tomato Basil Chicken Noodle	Tomato Basil Chicken Noodle	Curry Lentil Creole Chicken	Chicken Tortilla Veggie Tortilla	<i>Chefs Choice</i>
<i>Entrée</i>	Korean Short Ribs w/Steamed Rice & Kimchi Creamed Collards	<b>BBQ DAY</b>	Shrimp Etouffe	Chicken Enchilada's	<i>Chefs Choice</i>
<i>Nutrition Information</i>	Cal. 400-Fat-25g-Sat Fat-14g-Protien 15g	Cal. 750-Fat-32g-Sat Fat-7.5g-Protien-33g	Cal.424 -Fat-15-Sat. Fat-0-Protien-41 Carb-30	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	<i>Chefs Choice</i>
<i>Vegetarian Entrée</i>	Korean Tofu Bulgogi w/Steamed Rice & Kimchi Creamed Collards	<b>BBQ Burnt Ends (v)</b>	Vegetable Ettouffe	Vegetable Enchilada	<i>Chefs Choice</i>
<i>Nutrition Information</i>	Cal 391Total Fat: 14gSat Fat: 4gTrans Fat: 0gUnsaturated Fat: 21gCarb:30g Protein: 13g	Cal. 490-Fat-30g Sat. Fat-13g Protien-17g	Cal.312 -Fat 10-Sat.Fat-0Protien-4 Carb 30	(Each)Cal. 154-Fat-6g-Sat. Fat-2g Protien-5g	<i>Chefs Choice</i>
<i>Nutritional information is based on standardized recipes and may vary. Please</i>					
<i>consult with one of our staff if you have food allergies or dietary restrictions.</i>					