



Weekly Menu and Nutrition Information



<i>Week 3</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</i>	<i>French Toast w/Berry Compote & Espresso Syrup</i>	<i>Longhorn Slam 2 Eggs, Bacon or Sausage, Home Fries, 9 Grain Toast</i>	<i>Chef's Chouce</i>
<i>Taco Special</i>	<i>Chorizo</i>	<i>Carne Guisada</i>	<i>Sausage & Peppers</i>	<i>Chicharon</i>	<i>Barbacoa</i>
<i>Soup Du Jour</i>	<i>our Seafood Bisque</i>	<i>our Seafood Bisque</i>	<i>Moroccan Chickpea</i>	<i>Vegetable Tortilla</i>	<i>Chefs Choice</i>
<i>Entrée</i>	<i>Shrimp or Chicken Lo Mein</i>	<i>BBQ Day</i>	<i>Southern Fried Catfish</i>	<i>Chicken Enchilada's</i>	<i>Chefs Choice</i>
<i>Nutrition Information</i>	<i>Cal. 534-Fat-18g-Sat Fat-7g-Protien 23g</i>	<i>Cal. 350-Fat-22g-Sat Fat-7.5g-Protien-33g</i>	<i>Cal. 260-Fat-13.5g-Sat. Fat-6g-Protien-36g</i>	<i>(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g</i>	
<i>Vegetarian Entrée</i>	<i>Vegeatble lo Mein</i>	<i>BBQ Burnt Ends (v)</i>	<i>Creole Stuffed Peppers</i>	<i>Vegetable Enchilada (v)</i>	<i>Chefs Choice</i>
<i>Nutrition Information</i>	<i>Cal. 445 Fat-12.7-Sat. Fat-8g-Protien-22.5g</i>	<i>Cal. 490-Fat-30g Sat. Fat-13g Protien-17g</i>	<i>Cal. 220-Fat 14g-Sat. Fat-3g-Protien-8g</i>	<i>(Each)Cal. 154-Fat-6g-Sat. Fat-2g Protien-5g</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>					