



Weekly Menu and Nutrition Information



<i>Week 4</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>	Rice Potato Ale Gruyere	Rice Potato Ale Gruyere	Pesto Primavera Italian Wedding	Chicken Tortilla Veggie Tortilla	Chefs Choice
<i>Entrée</i>	<i>Mediterranean Grilled Chicken Plate</i>	<i>BBQ Brisket, Chicken Turkey</i>	<i>Catch of the Day</i>	<i>Chicken Enchilada's</i>	<i>Chefs Choice</i>
<i>Nutrition Information</i>	Cal. 368-Fat-24g-Sat Fat-10g-Protien 24g	Cal. 750-Fat-22g-Sat Fat-7.5g-Protien-33g	Cal. 260-Fat-13.5g-Sat. Fat-6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
<i>Vegetarian Entrée</i>	<i>Mediterranean Vegetable Plate</i>	<i>Faux BBQ Burnt Ends(v)</i>	<i>Vegetable Primavera Alfredo (v)</i>	<i>Vegetable Enchilada (v)</i>	<i>Chefs Choice</i>
<i>Nutrition Information</i>	Cal. 275 Fat-8-Sat. Fat-4g-Protien-18g	Cal. 490-Fat-30g Sat. Fat-13g Protien-17g	Cal. 435-Fat 9g-Sat. Fat-5g-Protien-14g	(Each)Cal. 154-Fat-6g-Sat. Fat-2g Protien-5g	
<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>					