## BUILD YOUR OWN BOWL (500-870 Cals)

## VEGETARIAN \$10.99 PROTEIN \$11.99

## 1.CHOOSE YOUR BASE

2. CHOOSE YOUR VEGETABLES
3. CHOOSE YOUR PROTEIN
4. SAUCE IT UP!
5.TOPPINGS

MAKE IT A COMBO EXTRA

| 1. Pop | 2. Vitamin | Protein | $\$ 2.99$ |
| :--- | :--- | :--- | :--- |
|  | Water | Vegetables | $\$ 1.99$ |

## Big Breakfast

2 Eggs, 2 Bacons, Hashbrowns, Toas $\dagger$
\$8.99
660cal
Avocado Toast with Egg on Multigrain \$7.99

Beef Burger \$8.99

460cal

Black Bean Burger \$8.49


320cal

## Bagel

Butter or Cream Cheese
340cal 370cal
\$3.39 \$3.79

Egg \& Cheese
Breakfast Sandwich
\$5.99 290cal
Grilled Cheese Sandwich
\$5.49 440cal
8 Grilled Chicken Burger $\$ 9.99$ Un 375cal

## MAKE IT A COMBO

Chips \& Bottled Pop
ADD ON
Egg
Bacon
\$4.49
\$0.99 90cal
\$1.99 70cal

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children ( age 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

# SWEET SPECIALS 

## Pancakes

With Syrup<br>With Fruit<br>\$6.49<br>\$8.49

## Waffles

With Syrup
$\$ 6.49$
With Fruit
$\$ 8.49$

# Pizza Bar 

 MADE WITHOUT GLUTEN
## CHEESE - \$9.49

tomato sauce, mozzarella

## PEPPERONI • 10.49

tomato sauce, mozzarella, pepperoni

## H A W AIIAN • \$10.99

tomato sauce, mozzarella, ham, pineapple

## VEGGIE • $\mathbf{\$ 1 0 . 5 9}$

 tomato sauce, mozzarella, veggies
## PEPPERONI AND <br> MUSHROOM • $\mathbf{\$ 1 0 . 9 9}$

tomato sauce, mozzarella, pepperoni, mushroom


