

## GREENS & GRAINS

### SMOOTHIES

\$5.99

#### MANGO KALE | 270 CALS

Mango, Fresh Kale, Simple Syrup, Oat Milk

#### STRAWBERRY BANANA | 310 CALS

Strawberry, Banana, Simple Syrup, Oat Milk

#### BLUEBERRY STRAWBERRY | 240 CALS

Blueberry, Strawberry, Simple Syrup, Oat Milk

#### TROPICAL GREENS | 170 CALS

Pineapple, Fresh Kale, Baby Spinach,  
Oat Milk, Ginger Root, Tumeric

## create your own YOGURT PARFAIT

\$5.99

CHOOSE 1 GREEK YOGURT FLAVOR,  
2 FRUITS AND 2 TOPPINGS

additional fruit or toppings +\$0.99

### YOGURT

Strawberry Nonfat Greek Yogurt | 180 cals

Plain Nonfat Greek Yogurt | 120 cals

Vanilla Nonfat Greek Yogurt | 180 cals

Chia Seed Pudding | 170 cals

### FRUIT

Mango | 30 cals • Pineapple | 45 cals • Strawberries | 15 cals

Blueberries | 20 cals • Banana | 25 cals

### TOPPINGS

Cinnamon Brown Sugar Granola | 360 cals • Chia Seeds | 70 cals

Pumpkin Seeds | 110 cals • Sunflower Kernels | 110 cals





# — BROAD ST BREAKFAST MENU —

## BREAKFAST SANDWICHES

MAKE IT A COMBO ADD A SIDE + DRINK FOR +\$2.89

- ☞ TOASTED BAGEL WITH YOUR CHOICE OF SPREAD .. 230-380 CALS | \$2.29  
Your choice of bagel | Plain | 310 cal, everything | 230 cal, made without gluten Udi's bagel | 230 cal  
Your choice of spread | Plain cream cheese | 70 cal, veggie | 70 cal, strawberry | 70 cal
- ☞ FRESH FRIED EGG, AMERICAN CHEESE .. 260-360 CALS | \$3.69  
Served on a english muffin or brioche bun
- ☞ FRESH FRIED EGG, BACON, AMERICAN CHEESE .. 370 CALS | \$4.69  
Served on a english muffin
- ☞ FRESH FRIED EGG, PORK SAUSAGE, AMERICAN CHEESE .. 530 CALS | \$4.69  
Served on a croissant
- ☞ FRESH FRIED EGG, TURKEY SAUSAGE, AMERICAN CHEESE .. 460 CALS | \$4.69  
Served on a bagel | Plain | 310 cal, everything | 230 cal, made without gluten Udi's bagel | 230 cal
- ☞ FRIED JUST EGG®, VEGAN BREAKFAST SAUSAGE .. 530 CALS | \$4.69  
Served on a bagel | Plain | 310 cal, everything | 230 cal, made without gluten Udi's bagel | 230 cal

## SIDES

FRESH FRUIT CUP .. 40 CALS | \$2.49

TATER TOTS .. 180 CALS | \$2.49



### MEAL EXCHANGE

includes fountain, Tractor®, or coffee beverage + side

## BUILD YOUR BREAKFAST SANDWICH | \$4.69

Your choice of a fresh fried egg or Just Egg®  
+ american cheese included

### CHOOSE YOUR BREAD

BRIOCHE | 280 CALS

ENGLISH MUFFIN | 110 CALS

CROISSANT | 210 CALS

PLAIN BAGEL | 310 CALS

EVERYTHING BAGEL | 230 CALS

MADE WITHOUT GLUTEN UDI'S  
BAGEL | 230 CALS

### CHOOSE YOUR MEAT

PORK SAUSAGE | 180 CALS

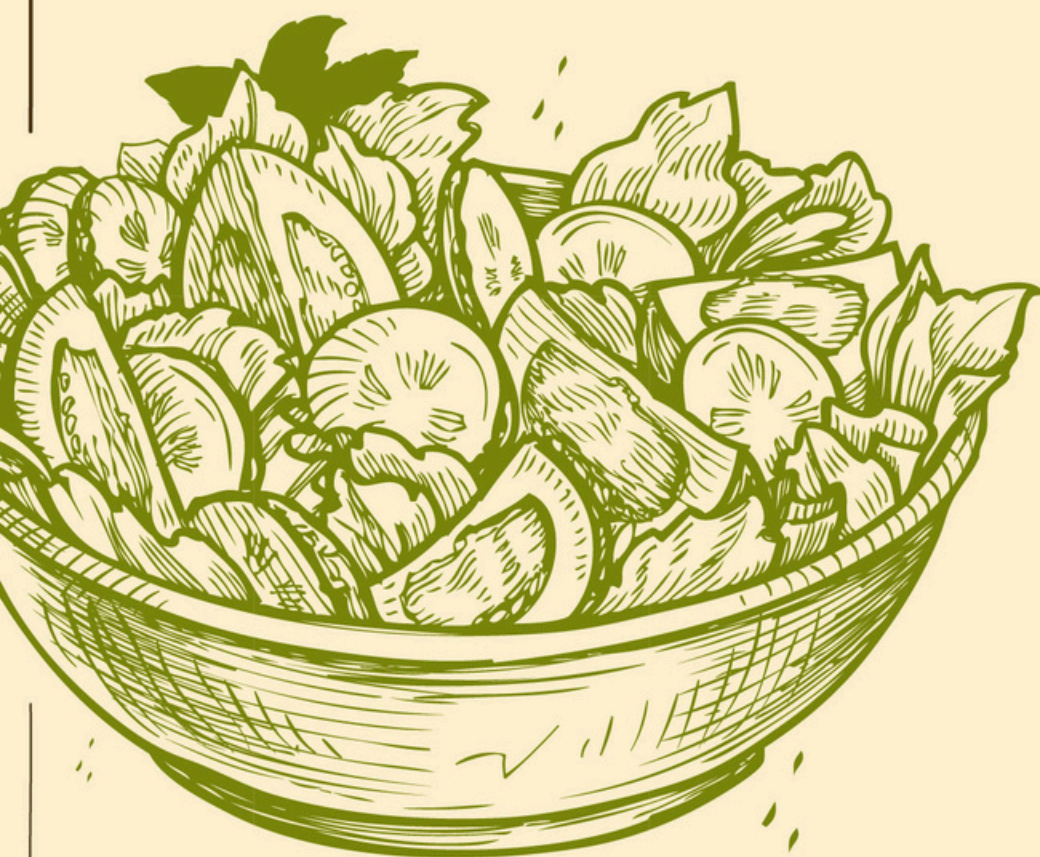
TURKEY SAUSAGE | 90 CALS

PORK BACON | 120 CALS

VEGAN BREAKFAST SAUSAGE | 140 CALS



## GREENS & GRAINS



### create your own SALAD AND GRAIN BOWL

\$9.99

Add extra protein +\$3.99 | Additional toppings +\$0.99

CHOOSE 1 BASE, 1 PROTEIN,  
4 TOPPINGS AND 1 DRESSING

#### BASE

CHOOSE GREENS, GRAINS OR 1/2 & 1/2

Spring Mix | 10 cals • Baby Spinach | 10 cals  
Chopped Romaine | 10 cals • Red & White Quinoa | 130 cals  
Chilled Farro | 220 cals • Red Lentils | 160 cals

#### PROTEIN

CHOOSE ONE

Shawarma Spiced Flank Steak | 190 cals • Roasted Portobello Mushrooms | 45 cals  
Grilled Lemon Rosemary Chicken Thigh | 160 cals • Cilantro Tofu | 170 cals

#### SPREADS AND TOPPINGS

CHOOSE 4

Tzatziki Sauce | 50 cals • White Bean Spread | 50 cals  
Hummus | 160 cals • Red Beet Hummus | 140 cals  
Roasted Chickpea | 110 cals • Roasted Beets | 50 cals  
Sriracha Edamame | 150 cals • Roasted Sweet Potatoes | 130 cals  
Sumac Roasted Carrots | 120 cals • Chili Lime Cucumbers | 20 cals  
Grape Tomatoes | 15 cals • Chilled Roasted Brussel Sprouts | 80 cals  
Pickled Red Onions | 15 cals • Dried Cranberries | 60 cals  
Sunflower Kernels | 100 cals • Toasted Pumpkin Seeds | 100 cals  
Crispy Shallots | 35 cals • House-made Croutons | 150 cals

#### DRESSINGS

CHOOSE ONE

Orange Balsamic Vinaigrette | 150 cals • Caesar Dressing | 140 cals  
Classic Italian | 200 cals • Ranch Dressing | 150 cals  
Honey Mustard | 140 cals • Vegan Green Goddess | 150 cals



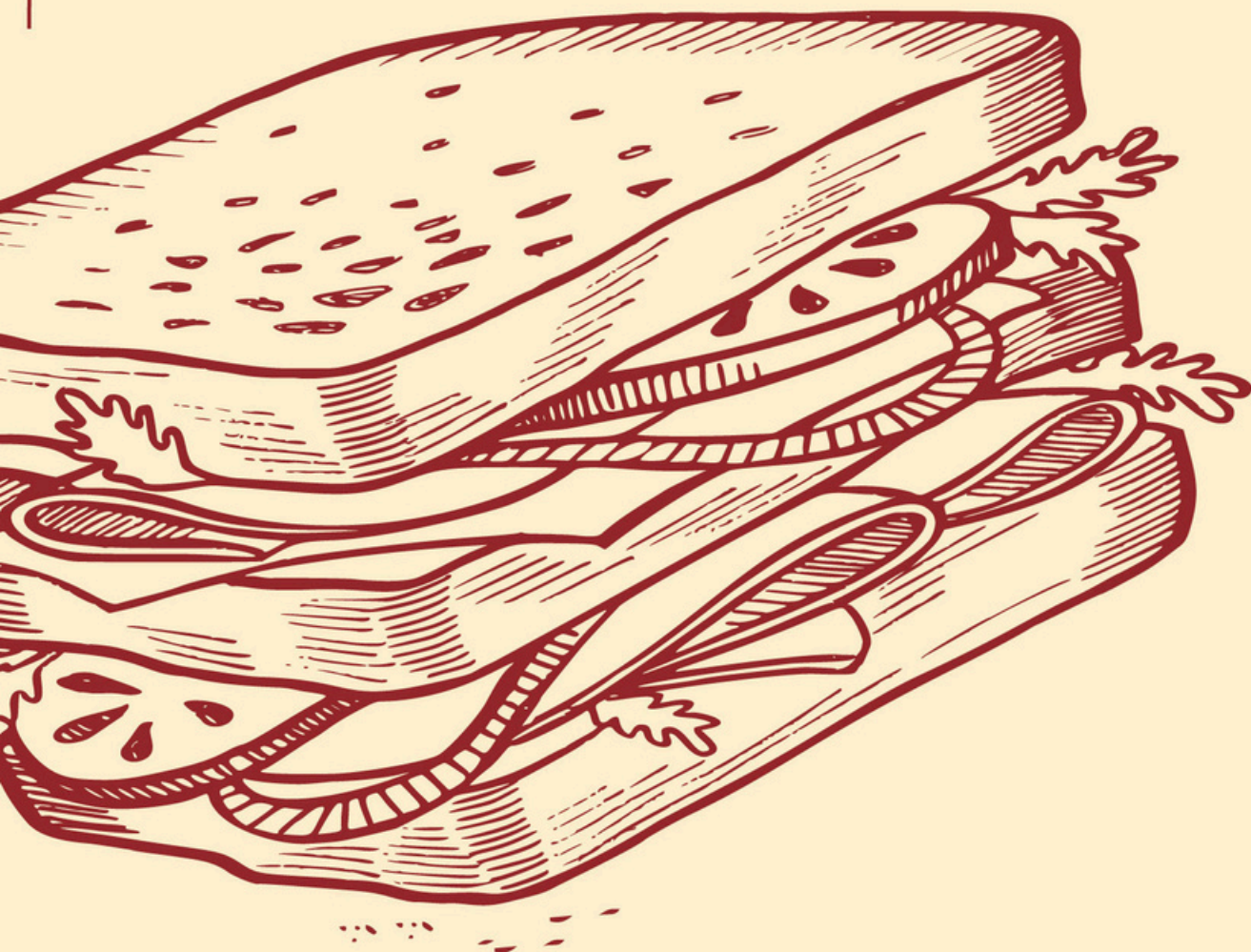
**ALL INCLUDED IN MEAL EXCHANGE**

includes fountain, Tractor® or coffee beverage





## GREENS & GRAINS



# SANDWICHES

SERVED WITH HOUSEMADE SALT & PEPPER POTATO CHIPS,  
POTATO SALAD OR A FRESH FRUIT CUP

### DENISON GRILLED CHEESE 480 CALS | \$5.99

Swiss, cheddar and provolone,  
served on wheatberry or country white bread

### GET CAPRA-ZAY 630 CALS | \$10.99

Fresh mozzarella topped with sliced tomato,  
arugula, basil pesto, olive oil and  
balsamic glaze, served on a 6" hoagie

### MEDITERRANEAN 460 CALS | \$10.99

Grilled chicken topped with hummus, tomato,  
spinach, cucumber and feta cheese, served on pita bread

### PASTRAMI 740 CALS | \$10.99

Shaved pastrami topped with swiss, pickles,  
spicy brown mustard and mayo, served on a ciabatta roll

### CHICKPEA SALAD SANDWICH 610 CALS | \$10.99

Lemon tahini chickpea salad topped with lettuce,  
tomato, avocado and vegan mayo, served on wheatberry bread

### BLT 600 CALS | \$10.99

Bacon, lettuce, tomato and mayo, served on wheatberry bread

### GRILLED CHICKEN CAESAR WRAP 550 CALS | \$10.99

Chicken, romaine lettuce, red onion, shredded parmesan  
and housemade caesar dressing, folded into a whole wheat wrap

*build your own*

# SANDWICH

SERVED WITH HOUSEMADE SALT & PEPPER POTATO CHIPS,  
POTATO SALAD OR A FRESH FRUIT CUP

## \$10.99

### CHOOSE YOUR BREAD

Wheatberry | 80 cals • Country White | 80 cals  
Pita | 220 cals • 6" Hoagie | 190 cals • Ciabatta | 270 cals  
Whole Wheat Wrap | 290 cals • Spinach Wrap | 360 cals  
Made Without Gluten Udi's Multigrain Bread | 140 cals

### CHOOSE 2 PROTEIN

Salami | 100 cals • Ham | 60 cals • Pastrami | 120 cals  
Sliced Turkey Breast | 80 cals • Chickpea Salad | 170 cals  
Grilled Chicken Breast | 230 cals

### CHOOSE 1 CHEESE

Swiss | 110 cals • Cheddar | 110 cals • Provolone | 70 cals  
Pepper Jack | 100 cals • Fresh Mozzarella | 70 cals • Feta | 80 cals

### CHOOSE 3 TOPPINGS OR SPREADS

Arugula | 5 cals • Baby Spinach | 10 cals  
Sauteed Mushrooms | 100 cals  
Lettuce | 2 cals • Cucumber | 10 cals • Pickles | 0 cals  
Red Onion | 5 cals • Tomato | 10 cals

Brown Mustard | 4 cals • Mayo | 100 cals • Vegan Mayo | 90 cals  
Balsamic Glaze | 70 cals • Olive Oil | 120 cals  
Pesto Hummus | 100 cals • Avocado | 100 cals (+\$1.25)



### ALL INCLUDED IN MEAL EXCHANGE

includes fountain, Tractor® or coffee beverage



# — BROAD ST LUNCH MENU —

## SANDWICHES

SERVED WITH YOUR CHOICE OF SIDE

Add extra protein +\$2.99

-  **BLACK BEAN BURGER .. 620 CALS | \$10.99**  
Black bean burger patty topped with arugula, sautéed mushrooms, caramelized onions, honey balsamic glaze and vegan mayo  
*Served on a brioche bun*
-  **NASHVILLE HOT CHICKEN .. 730 CALS | \$10.99**  
Crispy chicken, Nashville sauce, old fashioned coleslaw and pickles  
*Served on a brioche bun*
-  **GRILLED AVOCADO CHICKEN .. 990 CALS | \$10.99**  
Grilled chicken breast topped with arugula, pepper jack cheese, tomato, avocado and chipotle mayo  
*Served on a brioche bun*

## SIDES

- CHILI LIME CUCUMBER SALAD .. 20 CALS | \$2.49**  
Lime ancho chili vinaigrette, cucumber, red onion and cilantro
- RED SKIN POTATO SALAD .. 240 CALS | \$2.49**  
Red potato, egg, celery, onion and mayo
- HOUSEMADE SALT AND PEPPER POTATO CHIPS .. 220 CALS | \$2.49**



**MEAL EXCHANGE**

includes fountain, Tractor®, or coffee beverage + side

-  **BROADSTREET CHICKEN STACK .. 620 CALS | \$10.99**  
Grilled chicken breast topped with provolone cheese, fresh arugula, tomato jam and garlic aioli  
*Served on a ciabatta roll*
-  **SOUTHERN SMOKEHOUSE BURGER .. 775 CALS | \$10.99**  
Beef patty topped with cheddar cheese, crispy fried onions, bbq sauce and garlic aioli  
*Served on a brioche bun*
-  **FARMHOUSE BURGER...\$10.99**  
Fresh beef patty topped with a fried egg, sautéed mushrooms, bacon jam and garlic aioli  
*Served on a brioche bun*

**CRISPY HOMESTYLE FRENCH FRIES .. 300 CALS | \$2.49**

**CRISPY SWEET POTATO TATER TOTS .. 180 CALS | \$2.49**

**FRESH FRUIT CUP .. 40 CALS | \$2.49**

## BUILD YOUR SANDWICH | \$10.99

CHOOSE: Bread, 1 protein, 3 toppings and 1 sauce

SERVED WITH YOUR CHOICE OF SIDE

### BREAD

- \*BRIOCHE BUN | 280 CALS
- \*CIABATTA ROLL | 270 CALS
- \*MADE WITHOUT GLUTEN UDI'S BAGEL | 240 CALS

### SAUCES

- \*VEGAN MAYO | 90 CALS
- \*BALSAMIC GLAZE | 70 CALS
- \*GARLIC AIOLI | 200 CALS
- \*CHIPOTLE MAYO | 210 CALS
- \*BBQ SAUCE | 70 CALS

### PROTEINS

Add extra protein +\$2.99

- \*BEEF BURGER PATTY | 290 CALS
- \*GRILLED CHICKEN BREAST | 230 CALS
- \*CRISPY CHICKEN | 260 CALS
- \*BLACK BEAN PATTY | 180 CALS
- \*BEYOND® BURGER | 240 CALS

### TOPPINGS

- \*AMERICAN CHEESE | 100 CALS
- \*PROVOLONE CHEESE | 80 CALS
- \*CHEDDAR CHEESE | 90 CALS
- \*SWISS CHEESE | 110 CALS
- \*PEPPER JACK CHEESE | 100 CALS
- \*VEGAN CHEDDAR CHEESE | 50 CALS
- \*ARUGULA | 5 CALS
- \*TOMATO | 10 CALS
- \*PICO DE GALLO | 10 CALS
- \*SAUTÉED MUSHROOMS | 120 CALS
- \*CARAMELIZED ONIONS | 25 CALS
- \*FIRE ROASTED JALAPENOS | 25 CALS
- \*PICKLED RED ONION | 15 CALS
- \*LETTUCE | 2 CALS
- \*BACON (+\$0.99) | 120 CALS
- \*CRISPY FRIED ONIONS | 35 CALS
- \*BACON JAM | 80 CALS
- \*AVOCADO (+\$0.99) | 100 CALS
- \*FRIED EGG (+\$0.99) | 90 CALS



# — BROAD ST POWER BOWL —

## \$10.99

### CUSTOMIZE IT

#### PROTEINS

Add extra protein +\$2.99

- \*BEEF BURGER PATTY | 290 CALS
- \*GRILLED CHICKEN BREAST | 230 CALS
- \*CRISPY CHICKEN | 260 CALS
- \*BLACK BEAN PATTY | 180 CALS
- \*BEYOND® BURGER | 240 CALS

#### SAUCES

- \*VEGAN MAYO | 90 CALS
- \*BALSAMIC GLAZE | 70 CALS
- \*GARLIC AIOLI | 200 CALS
- \*CHIPOTLE MAYO | 210 CALS
- \*BBQ SAUCE | 70 CALS

#### TOPPINGS

- \*SAUTÉED MUSHROOMS | 120 CALS
- \*CARAMELIZED ONIONS | 25 CALS
- \*FIRE ROASTED JALAPENOS | 25 CALS
- \*PICKLED RED ONION | 15 CALS
- \*CRISPY FRIED ONIONS | 35 CALS
- \*GUACAMOLE | 20 CALS
- \*AMERICAN CHEESE | 100 CALS
- \*PROVOLONE CHEESE | 80 CALS
- \*CHEDDAR CHEESE | 90 CALS
- \*SWISS CHEESE | 110 CALS
- \*VEGAN CHEDDAR CHEESE | 50 CALS
- \*ARUGULA | 5 CALS
- \*PICO DE GALLO | 10 CALS
- \*FRIED EGG (+\$0.99) | 90 CALS

### HOW IT WORKS

- ✓ ALL POWER BOWLS ARE SERVED ON JASMINE RICE | 140 CALS
- ✓ PICK A PROTEIN
- ✓ TOP IT HOW YOU LIKE IT
- ✓ SAUCE IT UP
- ✓ ENJOY!



**MEAL EXCHANGE**

includes fountain, Tractor®, or coffee beverage + side





## MEAL EXCHANGE

Includes medium soft drink  
or Tractor® beverage

**Hickory**  
INSPIRED BARBECUE

 **vegan**  **vegetarian**  **spicy**

2,000 calories a day is used for general nutrition  
advice, but calorie needs vary. Additional nutrition  
information available upon request

# CREATE YOUR OWN BBQ PLATE — \$11.99

— ALL ENTREES SERVED WITH —

Bread & Butter, Pickles and Your Choice of Jalapeno Cornbread OR made without gluten roll

## ENTREE (CHOOSE 1)

*add extra protein for +\$3.99*

Smoked Chicken Thigh - 300 cals

Hickory Rubbed Pulled Beef - 460 cals

Smoked Kielbasa - 260 cals


*contains: pork*

Smoked Tofu Burnt Ends - 210 cals 


*contains: soy*


## SIDES (CHOOSE 2)

*add extra side for +\$2.49*

Mac & Cheese - 640 cals 

*contains: dairy, gluten, wheat*

Spicy Collard Greens with Bacon - 80 cals 

Honey Mustard Potato Salad - 300 cals 

*contains: milk, eggs*



Sweet Potato Mash - 110 cals 

## SAUCES

Carolina BBQ Sauce - 90 cals    
*thin, tangy and spicy*

Alabama BBQ Sauce - 175 cals 

*creamy, tangy and sweet  
contains: eggs*

Peach BBQ - 30 cals    
*tangy, sweet and spicy*

Texas BBQ Sauce - 70 cals  
*tangy and slightly sweet  
contains: fish*

Sweet Apple Coleslaw - 250 cals 

Chili Roasted Corn - 130 cals  

Memphis BBQ Baked Beans - 150 cals

Broccoli Raisin Salad - 190 cals

*contains: eggs*