

# 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 .. \$2.29**

Your choice of bagel | Plain, poppy, everything, made without gluten Udi's bagel Your choice of spread | Plain cream cheese, veggie, strawberry | 70 CALS

FRESH FRIED EGG, AMERICAN CHEESE .. 360 CALS | \$3.69 V Served on a potato bun or english muffin

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, poppy, everything, made without gluten Udi's bagel* 

**FRIED JUST EGG®, VEGAN BREAKFAST SAUSAGE .. 530 CALS | \$4.69 (\*) Served on a bagel |** *Plain, poppy, everything, made without gluten Udi's bagel* 



TATER TOTS .. 180 CALS | \$2.49 (\*) (\*) FRESH FRUIT CUP .. 70 CALS | \$2.49 (\*) (\*)

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



### BUILD YOUR BREAKFAST SANDWICH | \$4.69

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

#### **CHOOSE YOUR BREAD**

POTATO BUN | 220 CALS (\*) ENGLISH MUFFIN | 110 CALS (\*) CROISSANT | 210 CALS (\*) PLAIN BAGEL | 230 CALS (\*) EVERYTHING BAGEL | 310 CALS (\*) MADE WITHOUT GLUTEN UDI'S BAGEL | 300 CALS (\*) (\*)

#### CHOOSE YOUR MEAT

PORK SAUSAGE | 180 CALS 🔌 TURKEY SAUSAGE | 90 CALS 🔌 PORK BACON | 120 CALS 🄌 VEGAN BREAKFAST SAUSAGE | 140 CALS 🌘 🔌



includes a side of fries or chips and a fountain, Tractor <sup>®</sup> beverage, + side

#### (I) ALL INCLUDED IN MEAL EXCHANGE

includes fountain, Tractor® or coffee beverage



## signature salads

### \$6.99

#### CAESAR SALAD | 710 CALS

**Chopped Romaine Lettuce, Shredded** Parmesan Cheese, Scratch Made Croutons, Caesar Dressing

#### **GARDEN SALAD | 80 CALS**

Spring Mix, Fresh Tomatoes, Fresh Cucumbers, Shredded Carrots, Cucumbers

Choice of dressing +270 - 550 cals

## create your oun SALAD JOB GRAIN BOWL \$9.99

Add extra protein +\$2.99 | 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 | 25 cals 🖲 🔌 Baby Spinach | 25 cals 🜒 🔌 Chopped Romaine | 35 cals 🖲 🔌
- Chilled Farro | 650 cals 🔅 Red & White Quinoa | 400 cals 🖲 🔌 Red Lentils | 470 cals 🚺 🔌

## PROTEIN

#### CHOOSE 1

Lemon Herb Grilled Chicken Thigh | 430 cals 🔌

Cilantro Lime Shrimp | 200 cals 🔌

Cajun Grilled Tofu | 270 cals 🖲 🔌

Roasted Portobello Mushrooms | 110 cals 💔 🔌

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## SPREADS JF TOPPINGS

#### **CHOOSE 4**

Chilled Roasted Brussels Sprouts | 40 cals 📢 🔌 White Bean Spread | 50 cals 🖲 🔌 Roasted Chickpea | 110 cals 🖲 🔌 Roasted Sweet Potatoes | 60 cals 🛊 🔌 Sumac Roasted Carrots | 50 cals 👔 🛞 Pickled Cucumbers | 10 cals 🗰 🔌 Scratch Made Croutons | 60 cals 💎 Toasted Pumpkin Seeds | 50 cals 👔 🔌

Crispy Onions | 60 cals 🔅 Tzatziki Sauce | 30 cals 💔 🔌 Pickled Red Onions | 15 cals 🖲 🔌 Hummus | 80 cals 🖲 🔌 Dried Cranberries | 65 cals 💔 🔌 Sunflower Kernels | 50 cals 🖲 🔌 Roasted Beets | 30 cals 🗰 🔌

## DRESSINGS

#### **CHOOSE 1**

Orange Balsamic Vinaigrette | 300 cals V 🔌 Caesar Dressing | 270 cals 💔 🔌 Vegan Green Goddess | 300 cals 🖲 💐 Ranch Dressing | 310 cals 😗 🔌 Honey Mustard | 300 cals 💔 🔌 Classic Italian | 550 cals VV 🔌



# SANDWICHES

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

#### DENISON GRILLED CHEESE .. \$5.99 | 360 CALS V

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

#### GET CAPRA-ZAY .. \$10.99 | 620 CALS V

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

#### ITALIAN .. \$10.99 | 870 CALS

Ham, salami, sliced pepperoni, mozzarella cheese, lettuce, tomato, red onions, banana peppers and italian dressing served on a 6" Hoagie

#### **MEDITERRANEAN .. \$10.99 | 510 CALS**

Grilled chicken topped with hummus, tomatoes, spinach, cucumber, red onion and feta cheese served on whole wheat bread

#### TUNA SALAD .. \$10.99 | 570 CALS

Tuna salad, lettuce and tomato served on wheat berry bread

#### **TURKEY BACON .. \$10.99 | 590 CALS**

Sliced turkey breast, garlic aioli, tomato, lettuce, pepper jack cheese and pork bacon served on wheatberry bread

#### (I) ALL INCLUDED IN MEAL EXCHANGE

includes fountain, Tractor® or coffee beverage

# build your own SANDWICH \$10.99

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

#### **CHOOSE YOUR BREAD**

Wheatberry   80 cals 🍞
Country White   160 cals 🖲
Pita   210 cals 🖲
6" Hoagie   190 cals 🖲
Ciabatta   270 cals 🖲

12" Wheat Wrap   290 o
Wheat Bread   80 cals

Made Without Gluten Udi's Multigrain Bread | 140 cals 💔 💐

#### **CHOOSE 2 PROTEIN**

Salami   460 cals 🔌	Tuna Salad   300 cals
Ham   150 cals 🔌	Sliced Turkey Breast
Cajun Tofu   220 cals 🐠 🔌	Grilled Chicken Breas







| 100 cals 🔌 ast | 310 cals 🔌



#### **CHOOSE 1 CHEESE**

Cheddar   110 cals 🍞 🔌
Provolone   80 cals 🕜 🔌
White American   100 cals V 🔌
Vegan Cheddar   50 cals 🖲

Pepper Jack   100 cals 🍞 🔌
Fresh Mozzarella   70 cals 🕜 🔌
Feta   80 cals 🍞 🔌
Swiss   110 cals Ѵ 🔌

#### **CHOOSE 3 TOPPINGS OR SPREADS**

Arugula   5 cals ( 🔌
Baby Spinach   10 cals   🖲 🔌
Cherry Peppers   10 cals  🖲 💐
Red Onion   5 cals ( 🔌

Lettuce | 2 cals 🔿 🔌 Cucumber | 10 cals 🗰 🔌 Tomato | 10 cals 💔 🔌

Pickles | 0 cals 🖲 🔌

Brown Mustard | 4 cals 📢 🔌 Mayo | 100 cals V 🔌 Vegan Mayo | 90 cals 🖲 🔌 Balsamic Glaze | 70 cals 🖲 🔌

Olive Oil | 130 cals ( 🕷 Pesto Hummus | 100 cals 🚺 🔌

Avocado | 90 cals 🖲 🔌 (+\$1.25)

#### MEAL EXCHANGE

includes a side of fries or chips and a fountain. Tractor<sup>®</sup> beverage, or coffee

## - BROAD ST LUNCH MENU -



**® SANDWICHES** 

SERVED WITH YOUR CHOICE OF SIDE

Add extra protein +\$3.99

#### SPICY JALAPENO BURGER 960 CALS | \$10.99

Fresh beef patty topped with cheddar cheese, lettuce, tomato, charred grilled ialapeno and chipotle mayo Served on a potato bun

#### **NASHVILLE HOT CHICKEN** 830 CALS | \$10.99

Crispy chicken, Nashville sauce, old fashioned coleslaw and pickles Served on a potato bun

#### **GRILLED CHICKEN AVOCADO** 1000 CALS | \$10.99

Grilled chicken breast topped with arugula, pepper jack cheese, tomato, avocado and chipotle mayo Served on a potato bun



#### **CHILI LIME CUCUMBER SALAD** 20 CALS | \$2.49 🖲 🔌

Lime ancho chili vinaigrette, cucumber, red onion and cilantro

#### **HOMESTYLE MACARONI SALAD** 250 CALS | \$2.49 🖲

Elbow macaroni, celery, bell pepper, and green onions blended in a creamy vegan mayonnaise dressing

#### HOUSEMADE SALT AND PEPPER POTATO CHIPS 530 CALS | \$2.49 🚺

SPICY BLACK BEAN BURGER 620 CALS | \$10.99 🖲

Black bean burger patty topped with arugula, sautéed mushrooms, caramelized onions, balsamic glaze and vegan mayo Served on a potato bun

#### **FARMHOUSE BURGER** 1100 CALS | \$10.99

Fresh beef patty topped with a fried egg. sautéed mushrooms, bacon jam and garlic aioli Served on a potato bun

#### **TERIYAKI TURKEY BURGER** 750 CALS | \$10.99

Turkey patty topped with swiss cheese, lettuce, tomato and teriyaki pineapple chutney Served on a potato bun

#### **CRISPY HOMESTYLE FRENCH FRIES** 305 CALS | \$2.49 🖲

**CRISPY SWEET POTATO TATER TOTS** 440 CALS | \$2.49 🖲

**FRESH FRUIT CUP** 70 CALS | \$2.49 🖲 🔌

VEGAN MAYO | 180 CALS 🛞 🔌

BALSAMIC GLAZE | 70 CALS 🖲 🔌

GARLIC AIOLI | 200 CALS V 🔌

TURKEY PATTY | 300 CALS 🔌

**GRILLED CHICKEN** BREAST | 310 CALS 🔌

**CRISPY CHICKEN | 340 CALS** 

SPICY BLACK BEAN PATTY | 170 CALS 🖲

BEYOND® BURGER | 230 CALS 🖲 🔌

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



**CHOOSE 1 BREAD, 1 PROTEIN, 1 SAUCE AND 3 TOPPINGS** SERVED WITH YOUR CHOICE OF SIDE

## BREAD

POTATO BUN | 220 CALS ()

CIABATTA ROLL | 270 CALS 💔

MADE WITHOUT GLUTEN UDI'S BUN | 240 CALS V 🔌

## SAUCES

CHIPOTLE MAYO | 220 CALS 💔 🔌

**TERIYAKI PINEAPPLE** CHUTNEY | 100 CALS ()

HONEY MUSTARD | 300 CALS V 😣

## PROTEIN

**BEEF BURGER** PATTY | 390 CALS 🔌

## TOPPINGS

WHITE AMERICAN CHEESE | 100 CALS V 🔌 PROVOLONE CHEESE | 80 CALS V 🔌 CHEDDAR CHEESE | 110 CALS V 🔌 SWISS CHEESE | 110 CALS 💔 🔌 PEPPER JACK CHEESE | 100 CALS 💔 💐 **VEGAN CHEDDAR** CHEESE | 100 CALS 🚺 ARUGULA | 1 CAL 📢 🔌 TOMATO | 10 CALS 🖲 🔌 SAUTÉED MUSHROOMS | 80 CALS 🖲 😣 CARAMELIZED ONIONS | 110 CALS 🖲 😣 CHARRED GRILLED JALAPENOS | 25 CALS 📢 😣 PICKLED RED ONION | 15 CALS 💔 🔌 LETTUCE | 2 CALS 🖲 🔌 BACON (+\$1.49) | 120 CALS 🔌 CRISPY FRIED ONIONS | 30 CALS () AVOCADO SPREAD (+\$0.99) | 90 CALS 🖲 🔌 FRIED EGG (+\$0.99) | 90 CALS 🌾 🔌



## - BROAD ST POWER BOWL -\$10.99

## **HOW IT WORKS**

**ALL POWER BOWLS ARE SERVED ON JASMINE RICE PICK A PROTEIN (extra protein +\$2.99) TOP IT HOW YOU LIKE IT SAUCE IT UP ENJOY** 





BEEF BURGER PATTY | 390 CALS 😣 BEYOND® BURGER | 230 CALS 👎 🔌 **CRISPY CHICKEN | 340 CALS** GRILLED CHICKEN BREAST | 310 CALS 😣 BLACK BEAN BURGER | 170 CALS 🖲 TURKEY PATTY | 300 CALS 🔌

SAUTÉED MUSHROOMS | 80 CALS 🖲 🔌 CARAMELIZED ONIONS | 110 CALS 🖲 🔌 CHARRED GRILLED JALAPENOS | 25 CALS 🖲 🖲 PICKLED RED ONION | 15 CALS 🖲 🔌 CRISPY FRIED ONIONS | 30 CALS 🖲 AVOCADO SPREAD (+\$0.99) | 90 CALS 🖲 😻 PICO DE GALLO | 10 CALS V WHITE AMERICAN CHEESE | 100 CALS 🍞 😣

Additional nutrition information available upon request



## **CUSTOMIZE IT**





VEGAN MAYO | 180 CALS 🖲 🔌 BALSAMIC GLAZE | 70 CALS 🖲 🔌 GARLIC AIOLI | 200 CALS 💔 🔌 CHIPOTLE MAYO | 220 CALS 💔 🔌 HONEY MUSTARD | 300 CALS V 😣

### TOPPINGS

PROVOLONE CHEESE | 80 CALS V 🔌 CHEDDAR CHEESE | 110 CALS V 🔌 SWISS CHEESE | 110 CALS 💔 🔌 VEGAN CHEESE | 100 CALS 🖲 ARUGULA | 1 CALS 🖲 🔌 FRIED EGG (+\$0.99) | 90 CALS 🖲 🔌

💙 Vegetarian 💗 Vegan 🔌 Made without gluten