

## 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

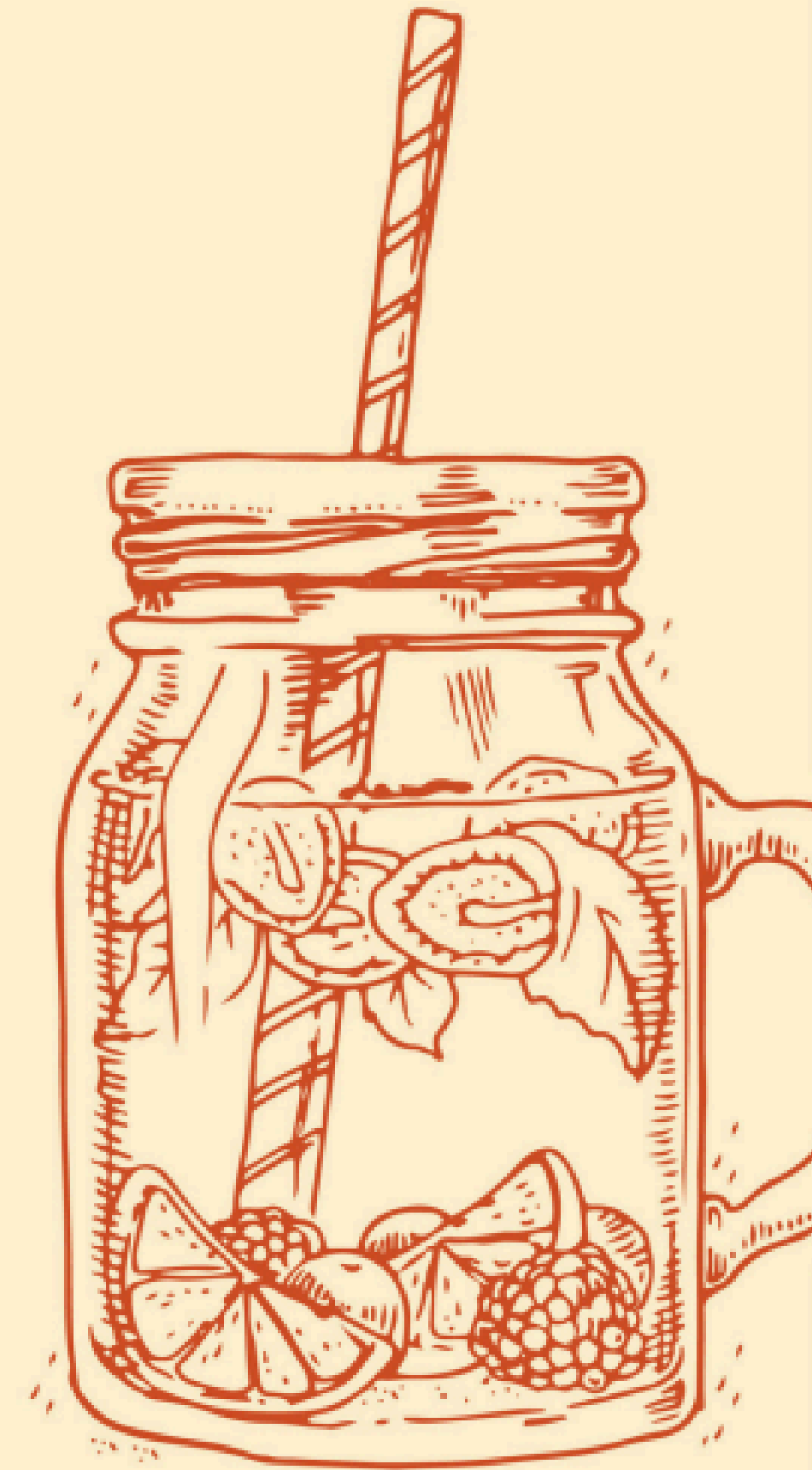
Mango | 30 cals • Pineapple | 45 cals • Strawberries | 15 cals

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 .. \$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** 

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

**SIDES**

**TATER TOTS .. 180 CALS | \$2.49**  

**FRESH FRUIT CUP .. 70 CALS | \$2.49**  



**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 

VEGAN BREAKFAST SAUSAGE | 140 CALS  

 **MEAL EXCHANGE**

includes a side of fries or chips and a fountain, Tractor® beverage, + side





ALL INCLUDED IN MEAL EXCHANGE

includes fountain, Tractor® or coffee beverage



## GREENS & GRAINS



### 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 own

## SALAD AND 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  

### SPREADS





### 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  

Caesar Dressing | 270 cals  

Vegan Green Goddess | 300 cals  

Ranch Dressing | 310 cals  

Honey Mustard | 300 cals  

Classic Italian | 550 cals  



# SANDWICHES

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

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

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

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

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



### 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 cals 

Wheat Bread | 80 cals



Made Without Gluten Udi's

Multigrain Bread | 140 cals  


## CHOOSE 2 PROTEIN


Salami | 460 cals 

Ham | 150 cals 

Cajun Tofu | 220 cals  

Tuna Salad | 300 cals 

Sliced Turkey Breast | 100 cals 



Grilled Chicken Breast | 310 cals 

## GREENS & GRAINS

## CHOOSE 1 CHEESE

Cheddar | 110 cals  



Provolone | 80 cals  

White American | 100 cals  

Vegan Cheddar | 50 cals 

Pepper Jack | 100 cals  

Fresh Mozzarella | 70 cals  

Feta | 80 cals  

Swiss | 110 cals  



## 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  

Vegan Mayo | 90 cals  

Balsamic Glaze | 70 cals  

Olive Oil | 130 cals  

Pesto Hummus | 100 cals  

Avocado | 90 cals    
(+\$1.25)

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



**Vegetarian**



**Vegan**



**Made without gluten**

 **MEAL EXCHANGE**

includes a side of fries or chips and a fountain,  
Tractor® beverage, or coffee

 **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 jalapeno 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*

**SIDES**

**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** 

**— BROAD ST LUNCH MENU —**

 **BUILD YOUR SANDWICH | \$10.99**

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  

**SAUCES**

VEGAN MAYO | 180 CALS  

BALSAMIC GLAZE | 70 CALS  

GARLIC AIOLI | 200 CALS  

CHIPOTLE MAYO | 220 CALS  

TERIYAKI PINEAPPLE  
CHUTNEY | 100 CALS 

HONEY MUSTARD | 300 CALS  

**PROTEIN**

BEEF BURGER  
PATTY | 390 CALS 

TURKEY PATTY | 300 CALS 

GRILLED CHICKEN  
BREAST | 310 CALS 

CRISPY CHICKEN | 340 CALS

SPICY BLACK BEAN PATTY | 170 CALS 

BEYOND® BURGER | 230 CALS  

**TOPPINGS**

WHITE AMERICAN CHEESE | 100 CALS  

PROVOLONE CHEESE | 80 CALS  

CHEDDAR CHEESE | 110 CALS  

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  



includes fountain or Tractor® beverage

# — 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













### CUSTOMIZE IT


























#### PROTEINS

- 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 

#### SAUCES

- VEGAN MAYO | 180 CALS  
- BALSAMIC GLAZE | 70 CALS  
- GARLIC AIOLI | 200 CALS  
- CHIPOTLE MAYO | 220 CALS  
- HONEY MUSTARD | 300 CALS  

#### TOPPINGS

- 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 
- WHITE AMERICAN CHEESE | 100 CALS  
- PROVOLONE CHEESE | 80 CALS  
- CHEDDAR CHEESE | 110 CALS  
- SWISS CHEESE | 110 CALS  
- VEGAN CHEESE | 100 CALS 
- ARUGULA | 1 CALS  
- FRIED EGG (+\$0.99) | 90 CALS  

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

 Vegetarian  Vegan  Made without gluten



## MEAL EXCHANGE

includes fountain or Tractor beverage



# BUILD YOUR OWN BOWL, BURRITO OR NACHOS | \$11.99

*\*all bowls or burritos served with your choice of Mexican rice or arugula and romaine blend*

### PROTEIN (CHOOSE 1)

#### BEEF CHILE COLORADO

shredded beef with red chile sauce

210 CAL  

#### MIXIOTE CHICKEN CON NOPALES

slow braised chicken with red chile and cactus

450 CAL 

#### PORK CHILE VERDE

pork with green chile

280 CAL 

#### JACKFRUIT CARNITAS

shredded jackfruit with cumin, chile, lime and orange citrus

90 CAL  

### CHEESES (CHOOSE 1)

#### GREEN CHILE QUESO SAUCE

150 CAL  

#### QUESO FRESCO

Mexican white crumbled cheese

60 CAL  

#### MONTEREY JACK SHREDDED CHEESE

50 CAL  

### TOPPINGS (CHOOSE 3)

#### SEASONED BLACK BEANS

130 CAL  

#### MEXICAN STREET CORN

330 CAL  

#### CILANTRO

0 CAL  

#### CILANTRO AND WHITE ONION MIX

20 CAL  

#### RADISH

2 CAL  

#### PICKLED RED ONION

15 CAL  

#### SHREDDED GREEN CABBAGE

4 CAL  

#### JALAPENOS

10 CAL  

#### PICO DE GALLO

7 CAL  

#### CILANTRO LIME SOUR CREAM



80 CAL  

### SALSAS (CHOOSE 1)

#### SPICY SALSA VERDE

25 CAL  



#### FIRE ROASTED SALSA

20 CAL  

#### LEBANESE CHIPOTLE, YOGURT SALSA

40 CAL  

#### AVOCADO CREMA

70 CAL  

ALL ENTRÉES GARNISHED WITH HOUSE FRIED TORTILLA STRIPS AND A LIME WEDGE

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Vegetarian



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Made without gluten