

Soups

Broccoli Cheese 570 cal bowl/430 cal cup
Tomato Basil 510 cal bowl/330 cal cup

Salads

Garden-Fresh Salad Bar *(excluding bacon and regional recipes)*

Mesa Chicken Salad *(request no chicken)*
700 cal original/410 cal lighter Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

Nutty Mixed-Up Salad *(request no chicken)*
620 cal original/350 cal lighter Organic field greens, feta, grapes, cranberry-walnut mix, strawberries, balsamic vinaigrette.

Sandwiches

Grilled Cheese & Tomato Soup Combo
1040 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

Build Your Own Veggie Sandwich
Your choice of bread, cheese, spreads and toppings!

Texacado Toast
670 cal Fresh avocado, roasted corn and black bean mix, cheddar, jalapeño ranch, on toasted Mexican-style bread with salsa. Served with blue corn chips and salsa.

Avocado Toast
380 cal Fresh avocado, feta, on toasted sourdough. Served with your choice of a cup of soup or fruit.

Spinach Veggie Wrap
430 cal Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

Kid's Menu

Mac & Cheese 470 cal
Grilled Cheese 580 cal wheat/600 cal white
Cheese Pizza 470 cal
Kid's Baked Potato *(request no bacon)* 650 cal

Sides

American Potato Salad 8 oz/510 cal
Italian Pasta Salad 8 oz/350 cal
Roasted Corn & Black Bean Salad 8 oz/240 cal
Veggie Quinoa Salad 8 oz/180 cal
Steamed Veggies 60 cal
Pickle 1 spear/5 cal
Fresh Fruit Cup 80 cal (dip: 150 cal)
All Chips 110-160 cal
Blue Corn Tortilla Chips & Guacamole 410 cal
Blue Corn Tortilla Chips & Salsa 250 cal
Blue Corn Tortilla Chips & Roasted Red Pepper Hummus 420 cal

Handcrafted Bowls

Great Southwest 710 cal *(request no chicken)*
Lettuce, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch dressing, Southwest spices.

Modern Med 600 cal *(request no chicken)*
Organic quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, toasted pita, Greek dressing.

Pastas

Served with toasted herb focaccia bread. (240/120 cal)

Pasta Alfredo *(request no chicken)*
1090 cal original/680 cal lighter Panna, Alfredo sauce, Asiago.

Zucchini Garden Pasta
1090 cal original/710 cal lighter Panna, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

The Plain Jane® *(request no bacon)*
1650 cal original/960 cal lighter Cheddar, sour cream, butter, green onions.

Vegan All The Way

Nutty Mixed-Up Salad *(request no chicken or cheese)*
540 cal original/310 cal lighter portion
Served with balsamic vinaigrette.

Spinach Veggie Wrap *(request no cheese)*
290 cal Organic wheat wrap with mushrooms, organic spinach, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies 60 cal broccoli, zucchini, organic carrots, cauliflower
Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Cup *(request no fruit dip)* 60-180 cal

Salad Bar Choices

Mixed salad greens 1 cup/5 cal	Pepperoncinis 1 pepper/5 cal	Piquillo peppers 2 oz/15 cal
Organic field greens 1 cup/10 cal	Veggie Quinoa Salad 2 oz/30 cal	Spicy giardiniera 2 oz/130 cal
Organic spinach 1 cup/20 cal	Beets 1 beet/5 cal	Croutons 4 oz/140 cal
Grape tomatoes 4 tomatoes/15 cal	Zucchini sticks 2 oz/5 cal	All crackers <i>(except 3-Seed & Sea Salt Flatbread)</i>
Cauliflower 4 oz/15 cal	Organic Hummus - Red Pepper 2 oz/100 cal	Dressings 2 oz.
Broccoli 4 oz/15 cal	Cranberry walnut mix 1 oz/80 cal	Extra Virgin Olive Oil 450 cal (bottle)
Mushrooms 2 oz/5 cal	Red onion rings 2 pieces/5 cal	Balsamic Vinegar 130 cal (bottle)
Organic baby carrots 5 carrots/10 cal	Cucumber slices 3 slices/5 cal	Red Wine Vinegar 10 cal (bottle)
Red/yellow bell pepper 4 strips/10 cal	Country Olive Blend 5 olives/35 cal	Balsamic Vinaigrette 140 cal
Artichoke hearts 2 oz/10 cal	Jalapeños 2 oz/5 cal	