



Monday – Friday
 Breakfast 8:00 a.m. to 10:00 a.m.
 Lunch 11:00 a.m. to 9:00 p.m.
 Saturday & Sunday
 11:30 a.m. to 7:00 p.m.

During APS Shutdown Periods,
 Monday – Friday
 8:00 a.m. to 5:00 p.m.
 Breakfast 8:00 a.m. to 10:00 a.m.
 Saturday & Sunday
 10:00 a.m. to 4:00 p.m.



Breakfast Omelet \$4.00

Select up to 4 fillings:
 Cheddar, Swiss, Feta, Mushrooms, Tomatoes, Green Peppers, Sautéed Spinach, Onions, Roasted Peppers, Bacon, Diced Ham, Crumbled Sausage

Two Egg Breakfast \$4.00

Two eggs any style served with choice of breakfast meat and toast

French Toast Breakfast \$5.00

French Toast served with one egg any style and choice of breakfast meat

Sides & Extras

Hash Browns \$0.50
 Egg Whites \$0.50
 Extra Breakfast Meat \$1.50

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

Sales Tax Not Included

burgers & more

Burger	\$4.50
Cheeseburger	\$5.00
Bacon Cheeseburger	\$5.50
V Veggie Burger	\$4.50
Hot Dog	\$4.00
Chicago Dog	\$5.00
V Grilled Cheese	\$4.00
Grilled Ham & Cheese	\$5.00
Tuna Melt	\$5.50
Italian Beef	\$6.00
Turkey Melt	\$5.50
Chicken Tenders (4)	\$5.50
Chicken Wings (8)	\$5.00

favorites

Grilled Chicken Sandwich	\$5.00
Turkey Bacon Melt	\$6.00
Rueben	\$6.00
Gyro	\$6.00
BLT	\$4.00

Add fries and any bottled soda
\$2.50 | 000 - 000

sides

V Fries	Reg. \$2.00 Lg. \$2.50
V Onion Rings	\$3.50
V Mozzarella Sticks (8)	\$4.00
Bottle Water/Soda	\$1.50

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salads

V Field of Greens	\$4.50
401 with Tenders	\$5.50
401 with Grilled Chicken	\$5.50
401 with Shrimp	\$6.00
Caesar	\$4.50
Chicken Caesar	\$5.50

wraps

Chicken Tender	\$4.50
Chicken Bacon	\$5.00
Grilled Chicken	\$4.50
V Veggie	\$4.50
V Veggie Burger	\$4.50
V Veggie Hummus	\$5.50
Shrimp	\$6.00

deli (cold) \$5.00

Choice of Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad or Egg Salad
 Served with Lettuce, Tomato, Onion, Cheese & a Spread.



soup

Soup du Jour	\$3.00
Chili	\$2.50

Mindful Vegetarian
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**Specials
 Week of March 19**

Chicken & Black Bean

Quesadilla & Yogurt

Roasted Chicken Breast,
 Hearty Grains Tortilla, Black Beans,
 Salsa Crusa, Mozzarella Cheese and
 Cilantro-Chili Greek Yogurt
\$6.50

Monterey Black

Bean Burger

Black Bean Burger,
 Plum Tomatoes, Green Leaf Lettuce,
 Cabbage, Avocado, Carrot and
 Cilantro on a Whole Wheat
 Hamburger Bun
 With BBQ Ranch Dressing
\$6.50

Soups

Monday: Cream of Broccoli

Tuesday: Chicken Noodle

Wednesday: Tomato Tortellini

Thursday: Vegetarian Vegetable

Friday: Clam Chowder