



# VEGETARIAN

## 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 Salad greens, cheddar, grape tomatoes, avocado, roasted corn and black bean mix, jalapeño ranch.

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

## SANDWICHES

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

**IT'S BACK!** Caprese Panini  
Fresh mozzarella, spinach, roma tomato, pesto aioli, herb focaccia.

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

Texacado Toast  
670 cal Avocados, roasted corn and black bean mix, cheddar, jalapeño ranch on telera with blue corn chips and salsa.

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

Spinach Veggie Wrap  
430 cal Wheat wrap, mushrooms, spinach, Asiago, guacamole, pico de gallo and salsa.

## 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  
**NEW** Greek Giant White Beans  
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, guacamole, cheddar, jalapeño ranch, Southwest spices.

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

## PASTAS

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

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

Zucchini Garden Pasta  
1090 cal original/710 cal lighter Penne, roasted zucchini, fresco mix of roasted tomatoes, 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

**Spinach Veggie Wrap** (request no cheese)  
290 cal

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

\*Consuming raw or undercooked eggs may result in an increased risk for foodborne illness.

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