



# BURGERS

## BUILD YOUR OWN

### PICK A PROTEIN

ALL BEEF BURGER | Cal 420 2.89    MARINATED GRILLED CHICKEN | Cal 170 3.89    CRISPY CHICKEN | Cal 300 4.05  
 HAND-PRESSED TURKEY BURGER | Cal 282 3.89    GARLIC ROASTED VEGETABLE QUINOA BURGER | Cal 230 3.89  
 GRILLED PORTABELLA | Cal 35 3.69

### SELECT BREAD

Kaiser Roll  
 Sourdough Bread  
 Multigrain Sandwich Thin

*\*Substitute any of our delicious add-on bread selections!*

### TOPPINGS

Leaf Lettuce  
 Spinach  
 Sliced Tomato  
 Pickle Chips  
 Jalapeños  
 Black Olives  
 Red Onion

### PICK A CHEESE

American  
 Cheddar  
 Provolone  
 Swiss  
 Pepper Jack  
 Muenster

*\*Add cheese to any sandwich for just .35 cents!*

### TOP WITH SAUCE

Steak Seasoning  
 Hot Buffalo  
 Chipotle Ranch  
 Hickory Barbecue  
 Hot Sriracha  
 Basil Pesto  
 Balsamic Glaze  
 Pico de Gallo  
 Garlic Aioli

### ADD ON

Smoked Bacon 1.59  
 Grilled Onions .50  
 Fried Egg .85  
 Avocado 1.35  
 Roasted Red Pepper .80  
 Crumble Bleu Cheese .50  
 \*Multigrain Ciabatta 1.05  
 \*Pretzel Roll .50  
 \*Flatbread .75

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

*\*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

*Revised 5/20/19*



## LOCAL FAVORITES

Chicken Tenders   Cal. 230	4.75
Beef on Weck   Cal. 315	5.95
Jumbo Hot Dog   Cal. 280	2.25
Poutine   Cal. 370	3.15
Grilled Cheese on Texas Toast   Cal. 410	3.25



## SIGNATURE GRILLED CHEESE

Pesto Grilled Cheese   Cal. 499 <i>Spinach, Basil, Muenster and Provolone</i>	3.99
Stampede Grilled Cheese   Cal. 770 <i>Cheddar, Tomato, Onion Danglers, BBQ and Bacon</i>	4.19
Italian Grilled Cheese   Cal. 880 <i>Marinara, Basil, Provolone on Sourdough</i>	3.99

## SIDES

French Fries   Cal. 330	1.69
Curly Fries   Cal. 330	1.99
Sweet Potato Fries   Cal. 200	1.99
Onion Rings   Cal. 540	1.99
Tater Tots   Cal. 330	1.99
Add Cheese Sauce   Cal. 80	.50
Add Gravy   Cal. 40	.75

**Make it a combo for just 2.75!**

*Fountain Soda or Bottled water and a choice of Fries, Chips or Veggie Cup*

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*Revised 5/20/19*





**TODAY'S CHEF SELECTION!**

Egg and Cheese Sandwich   Cal. 300	3.00
<i>Served on a choice of Muffin or Kaiser Roll</i>	
Egg, Meat and Cheese Kaiser   Cal. 300 - 470	3.50
Two Eggs (made to order)   Cal. 390	1.70
Egg, Meat and Cheese Breakfast Burrito   Cal. 490 - 660	3.95
Three Egg and Cheese Omelet   Cal. 249	2.99
<i>Add (3) Toppings \$.50</i>	
<i>Calories will vary based on selected daily toppings</i>	
French Toast (2)   Cal. 356	2.25
Pancakes (3)   Cal. 462	2.25

**SIDES**

Breakfast Potato   Cal. 45	1.50
Turkey or Pork Sausage   Cal. 60-170	1.50
Bacon (3)   Cal. 126	1.59
Toast   Cal. 87	.89
English Muffin   Cal. 120	.89

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**TODAY'S CHEF SELECTION!**

## DELI SELECTIONS

Wraps	5.50
Deli Sandwich	4.75
Cheese Quesadilla	3.50
Chicken Quesadilla	5.25
Deli Hoagie Sub	5.75

All sandwiches are served with house-made chips and a pickle

### BUILD YOURS - CHOOSE FROM

BREADS	PROTEINS	VEGGIES	SPREADS
White	Ham	Romaine	Mustard
Wheat	Turkey	Green Leaf Lettuce	Mayo
Rye	Salami	Tomato	Pesto Mayo
Marble Rye	Tuna Salad	Onion	Salad Oil
Wheatberry	Egg Salad	Spinach	Ranch
Sourdough	Chicken Tenders	Cucumbers	Light Italian
White Hoagie	Grilled Chicken	Banana Peppers	Honey Mustard
Wheat Hoagie	Hummus	Jalapeños	1000 Island
Arnold Multi-Grain	Marinated Tofu	Black Olives	Bleu Cheese
	Grilled Vegetables		
<b>WRAPS</b>			
White			
Wheat			
Spinach			
Tomato Basil			
Jalapeño			
	<b>ADD CHEESE</b>	<b>.35</b>	
	American, Provolone, Swiss, Pepper Jack or Cheddar		
	<b>GLUTEN-SENSITIVE BREAD</b>	<b>.75</b>	

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Revised 5.20.19





## DELI BREAKFAST SELECTIONS

- |  |      |
|--|------|
| <b>V</b> Egg and Cheese Quesadilla   Cal. 490  | 4.19 |
| Breakfast Quesadilla   Cal. 580 - 700<br><i>Choice of Sausage or Bacon</i>                 | 5.09 |
| Sausage, Egg and Cheese Croissant   Cal. 570   | 3.55 |
| <b>V</b> Mediterranean Egg White Ciabatta   Cal. 320                                       | 5.09 |
| <i>Egg Whites topped with Spinach, Tomato and Pesto</i>                                    |      |
|  GOOD   |      |
| <b>V</b> Power Breakfast Flatbread   Cal. 370  | 5.09 |
| <i>Egg Whites Spinach, Avocado and Roasted Red Pepper</i>                                  |      |
|  GOOD |      |

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