

## KID'S MENU

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hamburger	443	145	16	5	70	322	47	2	21	25
Cheeseburger	551	231	26	11	102	484	47	2	21	32
Chicken Fingers	324	96	11	5	69	74	32	3	18	24
Fruit & Vegetable Plate with Ranch Dressing	247	149	17	3	5	430	19	5	11	3
Fish and Chips	268	41	5	1	48	90	41	3	17	16
Grilled Cheese Sandwich	829	371	41	25	112	1157	77	2	17	39
Mac and Cheese	736	244	27	17	77	797	87	4	6	32
Pot Pie	788	489	54	18	54	649	55	3	3	19
Angel Hair Pasta with Butter, Parmesan Cheese	717	416	46	29	123	34	63	3	1	13
Angel Hair Pasta with Pomodoro Sauce	349	35	4	0	0	507	69	4	5	12
Vanilla Drumstick	340	189	21	11	20	90	33	1	24	5
Vanilla Ice Cream Sandwich	260	90	10	6	35	160	39	0	23	4

## BUFFET ITEMS - "Serving Spoon" Based on a 1/2 cup portion.

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple	80	2	0	0	0	1	19	3	14	0
Bagel (plain)	270	5	1	0	0	380	57	2	1	9
Bagel (seeded)	270	5	1	0	0	360	57	2	1	9
Banana	116	4	0	0	0	1	27	3	14	1
Brown Sugar (1 tablespoon)	48	0	0	0	0	0	12	0	12	0
Butter Chips (1 chip)	54	54	6	4	15	55	0	0	0	0
Cantaloupe (1 serving spoon)	15	1	0	0	0	6	3	0	3	0
Chives (1 tablespoon)	1	0	0	0	0	0	0	0	0	0
Egg Whites (1 serving spoon)	7	0	0	0	0	24	0	0	0	2
Granola (1 scoop)	91	16	2	1	0	49	18	1	8	2
Grapes (1 serving spoon)	31	1	0	0	0	1	7	0	6	0
Honeydew (1 serving spoon)	17	1	0	0	0	8	4	0	3	0
Orange	68	1	0	0	0	15	3	12	1	0
Pineapple (1 serving spoon)	21	0	0	0	0	1	5	1	4	0
Raisins (1 tablespoon)	33	0	0	0	0	3	8	1	7	0
Red Onions, Chopped (1 tablespoon)	5	0	0	0	0	0	1	0	0	0
Smoked Salmon (1 serving spoon)	156	89	10	2	50	568	0	0	0	17
Strawberries (1 serving spoon)	15	1	0	0	0	1	3	1	2	0
Tomatoes, Chopped (1 serving spoon)	2	0	0	0	0	1	0	0	0	0
Watermelon (1 serving spoon)	13	1	0	0	0	1	3	0	2	0
Protein Scramble (1 serving spoon)	263	205	23	8	257	502	1	1	0	11
Scrambled Eggs (1 serving spoon)	187	108	12	4	533	173	0	0	0	16
Bacon (3 slices)	140	108	12	4	60	580	0	0	0	8
Breakfast Potatoes (1 serving spoon)	129	42	5	1	0	243	20	2	2	2
Sausage (3 links)	800	720	80	28	140	1400	0	0	0	16

## SAUCES

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Au Jus (4 oz.)	14	4	0	0	0	608	2	0	1	0
Beurre Blanc Sauce (2 oz.)	261	243	27	17	78	43	1	0	0	0
Brown Gravy Sauce (2 oz.)	49	26	3	1	6	276	4	0	1	1
Cajun Tartar Sauce (2 oz.)	116	94	10	2	1	577	5	0	1	0
Citrus BBQ Sauce (2 oz.)	81	3	0	0	0	465	19	1	17	1
Cocktail Sauce (2 oz.)	76	2	0	0	0	876	19	1	15	1
Creamy Horseradish Sauce (2 oz.)	146	114	13	8	51	149	4	0	2	1
Guacamole (2 oz.)	160	126	14	0	0	400	8	4	4	0
Hollandaise Sauce (2 oz.)	304	291	32	20	220	57	1	0	0	2
Lemon Butter Sauce (2 oz.)	408	401	45	28	121	140	1	0	0	0
Marionberry Sauce (2 oz.)	74	4	0	0	1	250	11	0	9	0
Marsala Sauce (2 oz.)	56	19	2	1	5	147	4	0	2	1
Pesto Sauce (2 oz.)	190	171	19	3	10	350	2	1	0	4
Pomodoro Sauce (2 oz.)	25	11	1	0	0	253	3	1	2	1
Raspberry Sauce (2 oz.)	50	0	0	0	0	20	12	4	10	0
Remoulade Sauce (2 oz.)	122	103	11	2	0	488	5	0	0	0
Salsa (2 oz.)	13	1	0	0	0	156	2	1	2	0
Sour Cream (2 oz.)	120	90	10	7	40	60	4	0	2	2
Soy Sauce (1 oz.)	38	0	0	0	0	3615	4	0	0	5
Spicy Mustard Sauce (2 oz.)	101	46	5	0	0	429	2	1	0	9
Strawberry Sauce (2 oz.)	51	0	0	0	0	1	13	0	12	0
Tartar Sauce (2 oz.)	128	109	12	2	1	580	5	0	1	0

## SIDE ORDERS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado, Sliced (1 Serving)	136	103	11	2	0	5	7	5	1	2
Bacon	140	108	12	4	60	580	0	0	0	8
Breakfast Potatoes	258	83	9	2	0	486	40	5	4	4
Canadian Bacon	140	45	5	2	60	1300	0	0	0	22
Chicken Sausage	280	90	10	2	240	1360	0	0	0	44
Cottage Cheese (1 Serving)	200	45	5	3	20	700	8	0	6	30
One Egg	74	45	5	2	212	70	0	0	0	6
Sausage	800	720	80	28	140	1400	0	0	0	16
Two Eggs	148	89	10	3	424	140	1	0	1	13
Yogurt, Low Fat with Berries	227	15	2	1	10	110	48	5	33	6

## FRUITS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bananas (Sliced)	116	4	0	0	0	1	27	3	14	1
Fresh Grapefruit (Half)	46	1	0	0	0	0	10	1	9	1
Fresh Seasonal Fruit	93	3	0	0	0	14	21	2	17	1
Fresh Seasonal Melon	203	8	1	0	0	89	45	5	42	4
Fresh Strawberries	120	9	1	0	0	4	26	7	15	2

## BREAKFAST SPECIALS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain Bagel and Cream Cheese	390	89	10	5	40	633	60	2	4	14
Everything Bagel and Lox	734	329	37	17	140	1852	64	3	6	41
Belgian Waffle	517	16	15	5	0	1515	83	0	10	6
Belgian Waffle, Strawberries, Whipped Cream	586	41	18	6	10	1519	93	2	17	7
Blueberry Pancakes	508	79	9	1	83	1296	90	3	29	12
Buttermilk Pancakes	451	72	8	1	83	1296	76	0	19	12
French Toast	659	155	17	4	484	932	96	4	25	28
Whole Grain Pecan Blueberry Pancakes	1434	828	92	28	274	2141	216	19	42	31
Whole Grain Pecan Pancakes	1341	824	92	27	274	2140	105	16	28	30
Maple Syrup (2 oz.)	220	0	0	0	0	200	55	0	38	0
Breakfast Burrito with Fresh Fruit	925	343	38	15	122	2258	82	13	21	61
Chilaquiles	921	386	43	12	456	988	99	15	11	30
Continental Breakfast (FROM)	220	9	1	0	0	215	48	1	18	5
(TO)	506	189	21	13	53	303	71	2	29	10
Corned Beef Hash	655	259	29	10	513	2507	51	6	7	41

## EGG DISHES - Egg Dishes are Served with Fresh Fruit

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Eggs Benedict	735	415	46	24	674	1070	47	3	19	31
Corned Beef Hash Benedict	1079	721	80	44	883	992	59	4	21	28
Crab Cake Benedict	790	418	46	23	747	987	54	3	19	37
Joies Scramble with Beef	676	321	36	11	141	1277	40	7	24	46
New York Steak and Three Eggs	979	544	60	23	800	649	24	3	18	79
Protein Scramble with Country Sausage	1053	753	84	30	939	1849	24	4	18	43
Smoked Salmon Benedict	914	536	60	26	723	1320	47	3	19	47
Spanish Scramble	689	396	44	16	843	1110	37	8	23	31
Three Eggs	315	137	15	5	636	504	22	2	18	20
Three Eggs with Bacon	420	218	24	8	681	939	22	2	18	26
Three Eggs with Country Sausage	915	677	75	26	741	1554	22	2	18	32

## OMELETTES - Omelettes are Served with Fresh Fruit

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Three Egg Omelette Plain	373	165	18	6	800	554	21	2	17	25
with Cheddar Cheese	805	505	56	28	924	1202	21	2	17	52
with Bleu Cheese	778	457	51	26	901	2093	21	2	17	50
with Jack Cheese	751	457	51	28	908	1256	21	2	17	52
with Swiss Cheese	813	453	50	26	900	794	25	2	17	57
Cobb Omelette	911	524	58	24	919	1783	30	6	21	59
Crab and Shrimp Omelette	659	329	37	14	991	707	28	5	20	51
Denver Omelette	643	317	35	15	877	1730	29	4	21	47
Joies Special Omelette with Beef	1049	537	60	19	1208	1904	40	7	24	78

## HEALTHY START

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber
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## SOUPS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Butternut Squash (lg. bowl)	174	111	12	8	40	189	13	2	3	1
(sm. bowl)	144	95	11	7	35	143	10	2	2	1
Chicken Vegetable (lg. bowl)	94	38	4	2	17	930	11	1	1	4
(sm. bowl)	80	29	3	2	13	697	10	1	1	3
Gazpacho Soup (lg. bowl)	90	43	5	1	0	547	9	3	5	2
(sm. bowl)	65	31	3	0	0	411	7	2	4	1
Lentil Soup (lg. bowl)	118	18	2	1	5	490	26	10	3	9
(sm. bowl)	89	13	1	1	4	367	19	8	2	7
Manhattan Clam Chowder (lg. bowl)	80	9	1	0	10	900	13	2	3	6
(sm. bowl)	60	7	1	0	8	675	10	2	2	5
Minestrone (lg. bowl)	220	49	5	3	17	746	29	5	4	14
(sm. bowl)	181	40	4	3	14	572	24	4	3	12
Mushroom Barley (lg. bowl)	94	19	2	1	6	320	13	4	2	5
(sm. bowl)	70	15	2	1	4	240	10	3	2	4
Navy Bean Soup (lg. bowl)	104	30	3	1	14	897	13	3	4	6
(sm. bowl)	78	23	3	1	10	672	9	2	3	4
Split Pea Soup (lg. bowl)	198	47	5	2	21	712	26	8	4	12
(sm. bowl)	148	36	4	1	16	534	19	6	3	9
Tomato Soup (lg. bowl)	84	43	5	3	11	137	9	2	3	1
(sm. bowl)	63	32	4	2	8	103	7	1	2	1

## APPETIZERS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Quesadilla	1186	650	72	33	164	2372	94	13	14	44
Quesadilla Garnish	333	220	24	7	40	802	22	7	12	4
Jumbo Lump Crab Cake	242	144	16	9	131	527	6	0	0	16
Fried Calamari	468	191	21	4	401	1232	39	2	10	31
Onion Rings	987	498	55	11	37	1532	105	7	21	13
Popcorn Shrimp	508	234	26	4	188	2041	48	2	16	22
Seared Ahi Tuna Sashimi	477	123	14	1	128	1578	15	4	7	69
Shrimp Cocktail	231	26	3	1	230	1101	21	2	15	32
Spinach Artichoke Dip	554	246	27	19	103	1021	43	3	3	28
Trio of Hummus	526	146	16	2	0	1039	76	8	4	19

## STARTER SALADS - All Salads Include Dressing (Except for Mixed Field Greens).

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Caesar Salad	604	437	49	12	41	789	20	3	2	21
Endive and Spicy Pecan Salad	709	539	60	12	25	667	33	7	23	11
Chopped Wedge Salad	709	594	66	21	117	1633	6	1	3	21
Mixed Field Greens (No Dressing)	101	7	1	0	0	127	19	7	9	5

## SOUP AND SALAD COMBOS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chopped Wedge Salad (FROM) and Sm. Bowl Soup (TO)	769	601	67	21	125	2308	16	3	5	26
Cobb Salad & Sm. Bowl Soup (FROM) (TO)	915	645	72	19	237	1498	21	7	7	43
	1033	653	72	20	243	1967	38	10	8	54

## ENTRÉE SALADS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Salad (LUNCH) (DINNER)	959	636	71	15	129	1107	23	5	3	55
	1115	652	73	15	211	1199	23	5	3	88
Blackened Chicken Caesar (LUNCH) (DINNER)	963	637	71	15	129	1336	24	6	3	55
	1129	654	73	15	211	1657	25	7	3	88
Grilled Lime Chicken Salad (LUNCH) (DINNER)	672	442	49	7	66	364	24	8	6	31
	1345	885	98	14	132	728	48	17	12	63
Daily Grill Cobb Salad (LUNCH) (DINNER)	852	613	68	17	229	1395	14	6	5	42
	1504	1045	116	31	453	2654	25	11	10	84
Grilled Skirt Steak Salad	1134	794	88	26	151	2350	29	7	15	46

## SALAD DRESSING - 2 oz. Servings

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Ginger Dressing	134	44	4	0	0	1742	20	2	16	2
Balsamic Vinaigrette	343	321	36	5	0	184	4	1	3	1
Caesar Dressing	376	363	40	6	12	442	2	0	0	0
Creamy Bleu Cheese	276	261	29	6	24	377	1	0	1	2
House Dressing	370	360	40	6	10	258	2	0	0	0
Lime Chicken Dressing	340	336	37	5	0	188	1	0	0	0
Oil and Vinegar	341	337	37	5	0	150	1	0	0	0
Ranch Dressing	320	288	32	5	10	660	4	0	2	0
Southwest Dressing	97	74	8	3	14	244	4	0	1	1
1,000 Island Dressing	104	70	8	1	11	662	8	0	5	1
Walnut Vinaigrette	359	353	39	5	0	253	2	0	1	0

## SPECIALTY SANDWICHES - Served with Fresh Fruit unless Otherwise Stated in Menu Description

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ahi Tuna Wrap	815	244	27	6	66	1622	94	14	27	52
BLT	731	292	32	10	150	1968	77	3	18	32
California Turkey Melt	1053	392	44	25	175	3147	108	6	28	61
Cheeseburger with Bleu Cheese	981	441	49	21	227	1683	74	5	24	57
with Cheddar Cheese	988	453	50	22	232	1460	74	5	24	58
with Jack Cheese	974	441	49	22	228	1474	74	5	24	58
with Swiss Cheese	990	440	49	21	226	1358	75	5	24	59
Classic Hamburger (DINNER)	1254	619	69	22	204	2218	98	9	14	59
Classic Cheeseburger with Bleu Cheese (DINNER)	1355	692	77	27	229	2603	98	9	14	65
with Cheddar Cheese (DINNER)	1362	704	78	27	235	2380	98	9	14	66
with Jack Cheese (DINNER)	1349	692	77	27	231	2394	98	9	14	66
with Swiss Cheese (DINNER)	1364	691	77	27	229	2278	99	9	14	67
Cobb Club Sandwich	778	265	29	8	111	1622	83	4	19	42
Hamburger	880	368	41	16	201	1298	74	5	24	51
French Dip Sandwich	915	217	24	12	143	1942	96	3	20	71
Pepper Bacon Burger (LUNCH) (DINNER)	1200	605	67	29	293	1666	79	6	25	69
	1514	824	92	34	296	2433	97	9	15	76
Reuben Sandwich	973	417	46	19	185	5181	72	6	22	62
Santa Fe Chicken Wrap	839	222	25	8	105	1704	103	14	20	51
Tuna Melt	896	404	45	21	173	1747	70	4	18	51
Tuna Salad Sandwich	627	125	14	2	68	1392	80	3	19	41

## HALF SANDWICH COMBOS

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Half BLT & Mixed Field Greens	405	150	17	5	75	1070	45	7	9	18
Half BLT & Caesar Salad	923	581	65	17	116	1882	48	4	3	36
Half BLT & Sm. Bowl Soup (FROM) (TO)	382	176	20	7	83	1080	35	2	3	16
	500	184	20	8	89	1549	52	5	4	27
Half Tuna Melt & Mixed Field Greens	487	210	22	10	80	922	42	7	9	28
Half Tuna Melt & Caesar Salad	1047	632	70	22	121	1618	45	4	3	46
Half Tuna Melt & Sm. Bowl Soup (FROM) (TO)	464	227	25	12	88	932	32	2	3	26
	582	235	25	13	94	1401	49	5	4	37
Half Tuna Salad & Mixed Field Greens	353	67	8	1	34	782	46	7	9	23
Half Tuna Salad & Caesar Salad	871	498	56	13	75	1478	49	4	3	41
Half Tuna Salad & Sm. Bowl Soup (FROM) (TO)	330	93	11	3	42	792	36	2	3	21
	448	101	11	4	48	1261	53	5	4	42
Half Turkey Melt & Mixed Field Greens	566	200	22	12	87	1658	60	8	13	33
Half Turkey Melt & Caesar Salad	1084	631	70	24	128	2354	63	5	7	53
Half Turkey Melt & Sm. Bowl Soup (FROM) (TO)	543	226	25	14	95	1668	50	3	7	31
	661	234	25	15	101	2137	67	6	8	42

## FAVORITES

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Starter Caesar Salad & Mini Pot Pie	1392	926	103	31	95	1438	75	7	5	39
Mixed Field Greens & Mini Pot Pie	889	496	55	19	54	776	74	10	12	23
Starter Caesar Salad & 1/2 Penne Pesto	1159	749	83	24	104	1182	64	7	4	34
Starter Caesar Salad and 1/2 Angel Hair Pomodoro	1022	605	67	14	41	1692	74	8	9	31
Mixed Field Greens & 1/2 Penne Pesto	641	317	35	12	63	486	60	9	10	17
Mixed Field Greens and 1/2 Angel Hair Pomodoro	504	174	19	2	0	997	71	11	15	14

## VEGETABLES

	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Peanut Cole Slaw	164	96	11	2	3	167	12	3	7	6
Creamed Spinach	286	235	26	17	101	653	5	1	0	3
Glazed Carrots	333	204	23	14	61	298	30	5	20	