

DAILY SPECIALS



Vegetarian



Better4U



Vegan



Contains Nuts

MONDAY

Entrée

Teriyaki Salmon Rice Bowl: \$ 9.75 Seared Salmon, Shredded Carrots, Bean Spouts, Charred Corn, Sesame Edamame Beans, Wasabi-Teriyaki Sauce, Brown Rice

Cal: 354 Carbs: 40 Sodium: 670 Fat: 9

Fireside Grill

Monte Cristo : \$8.75 Egg Battered Texas Toast, Ham, Turkey, Swiss Cheese, & Honey Mustard

Cal: 325 Carbs: 39 Sodium: 1003 Fat: 10

Market Stop Deli



The California \$7.75 Sliced Turkey, Bacon, Tomato, Avocado, Honey Mustard

Cal: 341 Carbs: 34 Sodium: 565 Fat: 8

TUESDAY

Skinny Greens

Cajun Chicken Salad: \$8.75 Cajun Chicken, Mixed lettuce, Fresh Oranges, Shredded Cheddar, Roasted Corn, Red Peppers & Cilantro Vinaigrette

Cal: 663 Carbs: 42 Sodium: 543 Fat: 42

Fireside Grill

Blackened Fish Tacos: \$8.75 Two Tacos Cajun Seared Pollack, Corn Tortillas, Cilantro Mayo, Shredded Cabbage & Pico de Gallo

Cal: 678 Carbs: 55 Sodium: 876 Fat: 40

Market Stop Deli



Turkey Veggie Panini \$6.75 Turkey Breast, Provolone, Julianne Vegetables, Spinach, Cilantro Avocado Dressing

Cal: 482 Carbs: 41 Sodium: 872 Fat:26

WEDNESDAY

Entrée

QUICHE LORRAINE DAY Classic Quiche Lorriane: \$10.95 Bacon, Swiss Quiche, Side Salad

Cal: 529 Carbs: 22 Sodium: 302 Fat: 43

Fireside Grill

Chicken Salad Avocado Melt: \$7.75 Chicken Salad, Melted Provolone, Red Onions, Pesto Sauce, Sliced Avocado on Grilled Italian Sliced Bread

Cal: 838 Carbs: 28 Sodium: 942 Fat: 59

Market Stop



Athens Hummus Greek Wrap: \$6.75 Hummus, Feta Cheese, Cucumber, Tomato, Kalamata Olives, Red Onion, Lettuce

Cal: 512 Carbs: 58 Sodium: 1337 Fat: 24

THURSDAY

Entrée

General Tso Chicken : \$8.75 Delicate Chunks of Chicken Tossed with Diced Peppers Coated in General Tso Sauce and Served Over Jasmine Rice

Cal: 588 Carbs: 83 Sodium: 2773 Fat: 11

Fireside Grill

Texas Cheeseburger*: \$7.75 Cheddar Cheese, Crispy Frizzled Onion Strings, Bacon and BBQ Sauce

Cal: 783 Carbs: 23 Sodium: 1014 Fat: 55

Market Stop



Tuscan Grilled Eggplant \$6.75 Grilled Eggplant, Fresh Mozzarella, Arugula, Tomatoes and Basil Aioli on Ciabatta

Cal: 502 Carbs: 39 Sodium: 600 Fat: 34

FRIDAY

Open Today Regular Hours



**CLOSED MONDAY
MAY 25TH
IN OBSERVANCE OF
MEMORIAL DAY**



Quiche Lorraine Day

Classic
Quiche
Lorraine

with a side Salad

Soup: 12oz 2.75 / 16oz 3.50



Mon-Tues:

Chicken Chili

Broccoli Cheddar Soup

Cal: 248 Carbs: 15 Sodium: 139 Fat: 11 / Cal: 278 Carbs: 6 Sodium: 323 Fat: 24

Wed – Thurs **Lemon Chicken Brown Rice Soup / Creamy Wild Mushroom Soup**

Cal: 237 Carbs: 29 Sodium: 753 Fat: 4 / Cal: 184 Carbs: 12 Sodium: 129 Fat: 14

Fri:

Hearty Chicken Soup

Cal: 70 Carbs: 2 Sodium: 30 Fat: 3

*Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness. Food allergy? Please speak to your server.

FIRESIDE GRILL

Breakfast Sandwiches

Classic Breakfast Sandwich/ Wrap: \$4.75

Includes 2 Eggs, Any Style and Cheese

Calories: 315 Fat(g): 12 Carbs(g): 31 Sodium(mg): 450

Breakfast Sandwich w/ Meat: \$6.75

2 Eggs Any Style and choice of 1 Meat

Bacon, Ham, Turkey, or Sausage

Calories: 388 Fat(g): 19 Carbs(g): 31 Sodium(mg): 652

Cheese Choices:

American	Swiss
Cheddar	Pepper Jack
Provolone	

Add On Toppings: \$1.00 each

Avocado	Hash Browns
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Omelets

Omelet: \$6.75

Includes 3 Eggs with 2 Fillings

Calories: 222 Fat(g): 15 Carbs(g): 1 Sodium(mg): 210

Add Up To 3 Additional Fillings: \$1.00 each

American	Broccoli
Cheddar	Mushrooms
Feta Cheese	Onion
Pepper Jack	Peppers
Swiss	Tomato
Bacon	Avocado
Ham	Spinach
Sausage	Turkey

Breakfast Specials & Favorites

BREAKFAST BURRITO*: \$6.75

Scrambled Eggs, Sauteed Peppers & Onions,
Sausage, Cheddar, Chipotle Aioli in Flour
Tortilla

Calories: 493 Fat(g): 27 Carbs(g): 45 Sodium(mg): 673

Eggs Your Way*: \$4.75

Includes 2 Eggs Your Way

Calories: 283 Fat(g): 12 Carbs(g): 26 Sodium(mg): 412

Breakfast BLT: \$6.75

Includes 2 Eggs, Bacon, Lettuce & Tomato

Oatmeal

12 oz: \$2.75 / 16oz: \$3.15

Calories: 141 Fat(g) 2 Carbs(g) 24 Sodium (mg) 2

BREAKFAST BOWL*: \$6.75

Scrambled Eggs, Diced Avocado, Diced
Potatoes, Sauteed Peppers & Onions, Roasted
Garlic Aioli

Calories: 267 Fat(g): 22 Carbs(g): 10 Sodium(mg): 244

Side Orders: \$3.00

Hash Browns, Bacon, Ham, Sausage, Turkey

2 Pieces of Toast or a Bagel: \$2.75

Toasted with Butter, Jelly, Peanut Butter,
Cream Cheese

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FIRESIDE GRILL

Create Your Own Sandwiches/Burgers: \$6.75 (Unlimited Add-Ons)

Protein

Beyond Meat Burger
Grilled Chicken
Breaded Chicken Cutlet

Cheese Add-Ons

American
Cheddar
Swiss
Pepper Jack
Provolone

Add-Ons

Tomato
Lettuce
Onion
Jalapeno Peppers
Banana Peppers
Roasted Red Peppers
Spinach
Sundried Tomatoes

Premium Add-Ons: \$1.00

Avocado
Bacon
Fresh Mozzarella
Fried Egg

Specialty Sandwiches:

Korean "Hot" Chicken \$7.75

Breaded Chicken Cutlet, Korean Slaw,
Gochujang Aioli on Ciabatta
Calories: 473 Fat(g): 14 Carbs(g): 51 Sodium(mg): 468

Spicy Cheese Steak \$7.75

Sliced Top Round, Sauté Onions, Avocado,
Spicy Mayo, Pepper Jack, Seeded Club Roll
Calories: 754 Fat(g): 57 Carbs(g): 24 Sodium(mg): 887

Chicken Parmesan \$6.75

Breaded Chicken Cutlet, Shredded Mozzarella
and Marinara Sauce on a Club Roll
Calories: 838 Fat(g): 48 Carbs(g): 54 Sodium(mg): 1518

Beef Gyro \$6.75

Grilled Beef Gyro, Red Onions, Shredded
Lettuce, Diced Tomatoes, Tzatziki Sauce on a
Pita
Calories: 446 Fat(g): 17 Carbs(g): 48 Sodium(mg): 402

Chicken Quesadilla \$7.75

Grilled Chicken, Blend of Cheeses, Sautéed
Peppers & Onions in a Flour Tortilla with Sour
Cream & Salsa
Calories: 853 Fat(g): 50 Carbs(g): 54 Sodium(mg): 1046

Turkey Cuban \$6.75

Roasted Turkey, Melted Swiss Cheese, Ham,
Pickles, Zesty Cuban Sauce on Ciabatta
Calories: 258 Fat(g): 10 Carbs(g): 31 Sodium(mg): 652

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MARKET STOP

Create Your Own Sandwiches

Meats (Choose 1) \$6.75

Turkey
Ham
Roast Beef*
Grilled Chicken Breast
Breaded Chicken Cutlet
Chicken Salad
Tuna Salad

Vegetarian: \$4.75

Egg Salad
Cheese Sandwich

Cheese

American
Cheddar
Swiss
Provolone
Pepper Jack

Extras: +\$1.00

Avocado
Bacon
Fresh Mozzarella

Complimentary Add-Ons

Tomato
Lettuce
Onion
Jalapeños
Banana Peppers
Roasted Red Peppers
Spinach
Sundried Tomatoes

Specialty Sandwiches \$7.75

La Fresca:

Grilled Chicken, Roasted Red Peppers, Smashed Avocado, Bacon, Cheddar Cheese, Chipotle Aioli
Calories: 959 Fat(g): 59 Carbs(g): 49 Sodium(mg): 1509

Turkey Avocado:

Roasted Turkey, Avocado, Balsamic Onions, Cheddar, Roasted Garlic Aioli on a Kaiser Roll
Calories: 736 Fat(g): 45 Carbs(g): 40 Sodium(mg): 2682

Italian Combo:

Thinly Sliced Ham, Salami, Pepperoni, Provolone Cheese, Lettuce, Tomato, Onion, Oil & Vinegar on a Seeded Club Roll
Calories: 836 Fat(g): 57 Carbs(g): 44 Sodium(mg): 2458

Buffalo Chicken Wrap:

Breaded Chicken Cutlet, Blue Cheese Dressing, Lettuce, Tomato and Hot Sauce in your choice of Wrap
Calories: 995 Fat(g): 50 Carbs(g): 101 Sodium(mg): 2447

Spicy Chicken Rancher:

Breaded Chicken Cutlet, Bacon, Cheddar Cheese, Buffalo Hot Sauce, Ranch Dressing
Calories: 624 Fat(g): 29 Carbs(g): 52 Sodium(mg): 1067

Tuscan Roast Beef*:

Roast Beef, Fresh Mozzarella, S&P, O&V, Shredded Lettuce, Sliced Tomato, on a Seeded Club Roll
Calories: 562 Fat(g): 27 Carbs(g): 34 Sodium(mg): 506

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