

Weekly Menu

October 20 - 24, 2025

Chef's Selection

Tuesday: Erica's Roots, Greens & Grains

Served with seasonal roasted root vegetables and your choice of grain over mixed greens and your choice of protein

Wednesday: Italian Pasta Toss

Served with your choice of protein and seasonal vegetables sautéed with marinara or creamy Alfredo sauce

Thursday: Mongolian Stir Fry

Served with your choice of chicken, beef or shrimp over noodles or rice

Soups of the Day

Monday: House-Made Chili/ Vegetarian Bean Chili

Tuesday: Clam Chowder/ Mushroom Barley

Wednesday: Sausage, Turkey & Kale/ Fire Roasted Vegetable

Thursday: Beef Stew/ Curry Lentil

Friday: Chef's Choice

Build Your Own

Pizza or Flatbread

Includes three complimentary toppings. Additional toppings: \$0.69 each

Grab & Go Selection

Pre-Packaged Assorted Salads and Sandwiches

Weekly Specials

\$3 Breakfast

+ one 16oz drink

Sausage & Egg Biscuit
(Pork or Chicken)

\$5 Lunch

+ one side item & 16oz drink

Grilled Tuna Melt
Grilled Pimento Cheese & Tomato Sandwich

Homestyle Entrée

Monday: Southern Fried Chicken

Served with baked macaroni and cheese and seasoned greens

Tuesday: Grilled Pork Loin Steak

Served with mashed sweet potatoes and roasted Brussels sprouts

Wednesday: Lomo Saltado (Peruvian Beef)

Served with roasted potatoes and stir-fried vegetables

Thursday: Lemon Garlic Chicken Breast

Served with steamed rice and seasonal roasted cauliflower

Friday: Fresh Fish Fillet

Served with roasted potatoes and coleslaw

International Flavors and Fusion

Tuesday: Taqueria Station

Our house-marinated chicken, beef, tofu or pork served as a taco, burrito, or bowl with rice and beans (complimentary toppings included)

Wednesday: Taqueria Station

Our house-marinated chicken, beef, tofu or pork served as a taco, burrito, or bowl with rice and beans (complimentary toppings included)

Thursday: Hog Mountain BBQ

Slow-smoked house meats and poultry served with baked beans and coleslaw

Hours of Operation

Breakfast: 7:00a.m. - 10:00a.m.

Lunch: 11:00a.m. - 1:30p.m.