

MYERS FIELD HOUSE



BEVERAGES

Vanilla Hazelnut Latte (220-500 Cal)
Vanilla Latte (220-400 Cal)
White Chocolate Mocha (350-670 Cal)
Caramel Macchiato (330-650 Cal)
Hazelnut Mocha (290-520 Cal)
Latte (140-410 Cal)
Mocha (360-690 Cal)
Oregon Chai Tea Latte (240-460 Cal)
Cappuccino (120-410 Cal)
Coffee (5 Cal)
Iced Coffee (5 Cal)
Hot Tea (5 Cal)
Iced Tea (5-50 Cal)
Hot Cocoa (360-440 Cal)
Strawberry Banana Smoothie (400 Cal)
Mixed Berry Smoothie (390 Cal)
Fountain Drink (0-350 Cal)

BAGEL BOXES

Baker's Dozen Box
Half Dozen Box
Extra Tub of Shmear (520-600 Cal)

SIGNATURE SANDWICHES

Nova Lox (480 Cal)
Tasty Turkey (500 Cal)
Turkey, Bacon, & Avocado (650 Cal)
Hummus Veg Out (420 Cal)
Turkey Club Mex Wrap (720 Cal)
Turkey & Cheddar (640-760 Cal)
Harvest Chicken Salad (530-650 Cal)
Albacore Tuna Salad (580-700 Cal)
Ham & Swiss (640-760 Cal)

BAGEL & TOPPINGS

Bagel (260-380 Cal)
Shmear (390-470 Cal)
Nutella (490-550 Cal)
Hummus (360-420 Cal)
Peanut Butter (430-490 Cal)
PB&J (500-560 Cal)
Butter Blend (440-500 Cal)
Honey Butter (410-470 Cal)
Power Protein Bagel (350 Cal)

UNIVERSITY DINING SERVICES

 MINNESOTA STATE UNIVERSITY MANKATO

HOT SANDWICHES

Tostinis:
BBQ Chicken (540 Cal)
Buffalo Chicken & Bacon (630 Cal)
Italian Chicken (710 Cal)
Turkey Club (700 Cal)
Thintastic Buffalo Chicken (430 Cal)
Pizza Bagel:
Cheese (440 Cal)
Pepperoni (530 Cal)
Bagel Dog:
Plain or Asiago (530-580 Cal)

EGG SANDWICHES

Applewood Bacon & Cheddar (480 Cal)
Turkey-Sausage & Cheddar (500 Cal)
Ham & Swiss (460 Cal)
Spinach, Mushroom, & Swiss (460 Cal)
Cheddar Cheese (430 Cal)
Farmhouse (570 Cal)
French Toast (610 Cal)
Santa Fe Wrap (710 Cal)
Asparagus & Mushroom Egg White (390 Cal)
Southwest Egg White (390 Cal)