GRAINS

Mediterranean Grain Bowl [V]
Hummus, couscous, radishes, roasted squash, Greek yogurt, and snow peas.
Contains Wheat, Gluten, Milk
$6.99 | Cal 360

Tex Mex Brown Rice Bowl
Mexican brown rice, black beans, fajita chicken, roasted corn salad, shredded cheese, shredded lettuce, and sour cream on the side
Contains Milk
$7.59 | Cal 300
Add Guac +$0.99

GREENS

Greek & Grain Salad [V]
Mixed greens tossed with tricolor quinoa, caramelized red onions, pita chips, feta, and olives with Greek vinaigrette
Contains Milk, Wheat, Soy, Gluten, Mustard
$6.99 | Cal 370

Kale Cobb Salad
Grilled chicken breast, bacon, tomatoes, feta, eggs, avocado, and kale with balsamic vinaigrette
Contains Milk, Eggs
$7.59 | Cal 300

SMOOTHIES

Very Berry Smoothie [VG]
Frozen berry and banana blend
$4.89 | Cal 320

Avocado Kale Smoothie [VG]
Fresh kale, avocado, banana, agave blended with almond milk
Contains Tree Nuts
$4.89 | Cal 360

(AM) Oatmeal Cup [VG]
Cup $2.89 | Bowl $2.99
Oatmeal toppings: Cranberries, Brown Sugar, Granola

(PM) Soup of the Day
Cup $2.49 | Bowl $2.79

GRILL

	COST	CALORIES
Egg & Cheese Breakfast Sandwich* [V] *2 eggs, cheese on a Kaiser roll*	$3.69	250
Egg, Meat & Cheese Breakfast Sandwich* *2 eggs, cheese and bacon, ham or sausage on a Kaiser roll*	$4.09	310-360
Grass-fed Burger* *1/4 lb. grass-fed fresh ground beef on a bun with lettuce, pickles, and tomato* **Add Cheese +$.89** *Contains Gluten, Soy, Wheat*	$5.09	400
Impossible Burger* [VG] *Gluten-free vegan patty made from soy protein. Contains 19g of protein in one serving!* *Contains Soy, Tree Nut (Coconut)*	$5.89	240
Roasted Vegetable Quesadilla [V] *Grilled zucchini, roasted red pepper, and eggplant on tortilla with shredded cheese* *Contains Milk, Eggs, Wheat, Soy, Gluten, Mustard*	$6.99	340
Chicken Bacon Ranch Quesadilla *Grilled Chicken on a flour tortilla with cheddar cheese, ranch, and bacon* *Contains Milk, Eggs, Wheat, Soy, Gluten, Mustard*	$7.99	700

Build Your Own Grain Bowl or Salad

$6.99 | Cal 300-450

1. Base: *Quinoa, Aztec Rice or Spinach or Spring Mix*

2. Toppings:

Kale	*Boiled Egg*
Baby Spinach	*Roasted Red Peppers*
Hummus	*Chia Seed*
Chickpeas	*Flax Seed*
Cucumbers	*Greek Yogurt*
Grape Tomatoes	*Feta*

Diced Grilled Chicken +$1.49
Caramelized Onions +$0.99
Bacon +$0.99
Avocado +$0.99

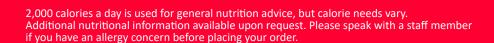**3. Dressing** *Balsamic, Ranch, Caesar*

BYO Smoothie

$4.89 | Cal 300-400

Almond, Soy, 2% or Fat free milk blended with bananas and up to 3 add-ins.

Add-ins
Pick Three
Pineapple
Chia Seeds
Flax Seeds
Kale
Honey
Greek Yogurt
Sliced Banana
Peanut Butter
Blueberries

Whey Protein +$0.99
Hemp Protein +$0.99
Avocado +$0.99

MARIST

Please enjoy a fresh selection of Simply To Go salads and sandwiches as well as snacks, candy and cold beverages!

CONCESSIONS

		COST	CALORIES

FAVORITES

Popcorn V — **$2.00** — **120**
Fresh popped popcorn

Hot Pretzel V — **$2.00** — **380**
Hot fresh soft pretzel with your choice of condiment
Contains Wheat, Gluten

Marist Dollar Dog* — **$1.00** — **390**
Grilled all-beef hot dog with your choice of condiments
Contains Gluten, Soy, Wheat
Add Chili +$1.00

BURGERS

Grass-fed Burger* — **$5.09** — **400**
1/4 lb. grass-fed fresh ground beef on a bun with lettuce, pickles, and tomato
Contains Gluten, Soy, Wheat

Cheeseburger* — **$5.89** — **450**
1/4 lb. grass-fed fresh ground beef on a bun with lettuce, pickles, tomato, and American cheese
Contains Milk, Gluten, Soy, Wheat

Impossible Burger* VG — **$5.89** — **240**
Gluten-free vegan patty made from soy protein. Contains 19g of protein in one serving!
Contains Soy, Tree Nut (Coconut)

SANDWICHES

Philly Cheesesteak — **$7.09** — **410**
Sliced steak and grilled onions on a roll with shredded cheese
Contains Milk, Wheat, Soy, Gluten

Sausage and Peppers — **$6.99** — **460**
Sweet Italian sausage with peppers, onions, and tomato sauce on afresh roll
Contains Milk, Wheat, Soy, Gluten

Roasted Vegetable Panini* V — **$5.99** — **340**
Grilled zucchini, red pepper, and eggplant on focaccia with garlic mayonnaise
Contains Milk, Eggs, Wheat, Soy, Gluten, Mustard

CHILI

Beef Chili — **$3.99** — **280**
Grass fed beef slow cooked with chipotle, black beans, green chilies, and tomatoes
Contains Soy, Gluten

Vegan Chili* VG — **$3.49** — **380**
Lentils, kidney beans, and black beans with cumin, garlic, onions, and bell pepper

*GF Available
Prices are not tax inclusive

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request. Please speak with a staff member
if you have an allergy concern before placing your order.

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MARIST