

# GRAINS

## Mediterranean Grain Bowl **V**

Hummus, couscous, radishes, roasted squash, Greek yogurt, and snow peas.

*Contains Wheat, Gluten*

**\$5.99 | 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 bean, gluten, mustard*

**\$5.99 | 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 & banana blend topped with fresh strawberries, blueberries

**\$4.49 | Cal 320**

## Avocado Kale **VG** Smoothie

Fresh Kale, avocado, banana, honey blended with almond milk

*Contains Tree Nuts*

**\$4.49 | Cal 360**

# BYO

### BYO Grain Bowl

Quinoa or Aztec Rice with your choice of toppings.

**\$5.99 | Cal 300-400**

### BYO Salad

Spinach or Spring Mix with your choice of toppings.

**\$5.99 | Cal 300-450**

### Toppings

Kale | Baby Spinach | Hummus | Snow Peas | Chickpeas | Cucumbers | Grape Tomatoes | Roasted Beets | Roasted Sweet Potatoes | Roasted Brussel Sprouts | Roasted Red Peppers | Eggplant, Zucchini | Chia Seed | Flax Seed | Greek yogurt | Feta | Parmesan Cheese | Diced Grilled Chicken +\$1.49 | Bacon +\$0.99 | Guac +\$0.99 | Boiled Egg

### Dressings & Sauces

Balsamic, Ranch, Caesar, Nut-Free Pesto

### BYO Smoothie

Almond or soy milk blended with bananas and up to 3 add-ins.

**\$4.49 | Cal 300-400**

### Add-ins

Pineapple | Greek Yogurt | Chia Seeds | Flax Seeds | Kale | Sliced Banana | Peanut Butter | Blueberries | Cacao Nibs | Honey

**Whey Protein +\$0.99**

**Hemp Protein +\$0.99**



### Grass-fed Burger\*

1/4 lb. grass-fed fresh ground beef on a bun with lettuce, pickles, and tomato

*Contains Gluten, Soy, Wheat*

**\$4.79 | Cal 400**

**Add Cheese \$ .79**

### **VG** Beyond Burger\*

Plant-based burger with 20g of protein that looks, cooks, and satisfies like beef

**\$5.59 | Cal 370**

### **V** Roasted Vegetable Quesadilla

Grilled zucchini, roasted red pepper, and eggplant on tortilla with shredded cheese

*Contains Milk, Eggs, Wheat, Soy, Gluten, Mustard*

**\$6.99 | Cal 340**

### Chicken Bacon Ranch Quesadilla

Grilled Chicken on a flour tortilla with cheddar cheese, ranch and bacon

*Contains Milk, Eggs, Wheat, Soy, Gluten, Mustard*

**\$6.99 | Cal 700**

### **V** Veggie Lover Pizzetta\*

Nut-free pesto or marinara base with cheese and choice of 3 vegetable toppings

*Contains Gluten, Wheat, Milk*

**\$5.29 | Cal 435-700**

### Meat Lover Pizzetta\*

Nut-free pesto or marinara base with cheese and one protein and 3 vegetable toppings

*Contains Gluten, Wheat, Milk*

**\$6.79 | Cal 475-900**

**Extra Protein \$1.49**

### Soup of the Day

#### Breakfast Sandwich

2 eggs, cheese & bacon, ham or sausage

**Cup \$2.29 | Bowl \$2.59**

**\$3.79 | Cal 280-480**

\*GF Available

Prices are not tax inclusive

# GRILL

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.



# CONCESSIONS

**V Popcorn** \$2.00 | Cal 120  
Fresh popped popcorn

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

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

**Grass-fed Burger\*** \$4.79 | Cal 400  
1/4 lb. grass-fed fresh ground beef on a bun with lettuce, pickles, and tomato  
*Contains Gluten, Soy, Wheat*

**Cheeseburger\*** \$5.59 | Cal 450  
1/4 lb. grass-fed fresh ground beef on a bun with lettuce, pickles, tomato, and American cheese  
*Contains Milk, Gluten, Soy, Wheat*

**VG Beyond Burger\*** \$5.59 | Cal 370  
Plant-based burger with 20g of protein that looks, cooks, and satisfies like beef

**Philly Cheesesteak** \$6.79 | Cal 410  
Sliced steak and grilled onions on a roll with shredded cheese  
*Contains Milk, Wheat, Soy, Gluten*

**Sausage and Peppers** \$6.99 | Cal 460  
Sweet Italian sausage with peppers, onions, and tomato sauce on a fresh roll  
*Contains Milk, Wheat, Soy, Gluten*

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

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

**VG Vegan Chili\*** \$3.49 | Cal 380  
Lentils, Kidney Beans, and Black Beans with cumin, garlic, onions, and bell pepper

**FAVORITES**

**BURGERS**

**SANDWICHES**

**CHILI**

\*GF Available  
Prices are not tax inclusive



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