

GRILLED

Burgers – Includes lettuce, tomato & pickle

		cal
Hamburger	\$3.09	400
Cheeseburger	\$3.89	450
Bacon Cheeseburger	\$4.79	480
Turkey Burger	\$3.79	250
Black Bean Burger	\$3.79	310
Grilled Chicken Sandwich	\$5.09	280

Other Favorites

		cal
Small Chicken Tender (3)	\$4.59	340
Large Chicken Tender (5)	\$6.49	570
Small Boneless Wings (5)	\$4.59	230
Large Boneless Wings (7)	\$6.49	400
Small Chicken Wings (5)	\$5.49	500
Large Chicken Wings (10)	\$9.19	1000
Mozzarella Sticks	\$5.49	610

Add-ons		cal
Cheese	\$0.80	50
Bacon	\$1.09	30
Avocado	\$0.79	45
Wing Sauce-		
BBQ, Tangy	\$0.00	50-150
Gold BBQ, Buffalo		

Sides		cal
French Fries	\$1.99	280
Sweet Potato Fries	\$2.99	360
Breaded Onion Rings	\$3.29	350
Bacon Bleu Loaded Fries	\$4.99	700
Loaded Baked Potato Fries	\$5.49	750

MAKE IT A COMBO \$2.20
Mindful Combo -Bottled Water and Crudité (60 cal)
Classic Combo -Chips and a Fountain Drink (100-300 cal)
Dolphin Combo – French Fries and a Fountain Drink (350 cal)

NEAPOLITAN

8 "Personal Pizzas

			cal
Cheese	Tomato sauce, mozzarella, and parmesan	\$5.29	780
Pepperoni	Mozzarella, parmesan, and pepperoni	\$5.79	840
BBQ Chicken	BBQ chicken with bacon, red onions, parmesan, and BBQ sauce	\$5.79	940
Chicken Pesto	Balsamic grilled chicken with pinenut basil pesto, parmesan, and fresh basil	\$5.79	920
Margherita	Mozzarella, parmesan, tomato, and fresh basil	\$5.79	800
Sausage	Mozzarella, parmesan, and crumbled sausage	\$5.79	900
Spinach & Mushroom	Fresh spinach, mushroom, red onions, and parmesan	\$5.79	800
Vegetable	Mozzarella, onions, green peppers, tomatoes, and black olives	\$5.79	800

Build Your Own

Meats	Sliced chicken, Italian sausage, Pepperoni, Bacon	55-155 cal
Veggies	Red onion, yellow onion, green pepper, tomato, mushroom, black olive, spinach, banana peppers	5-15 cal

1-3 toppings
\$5.79

4+ toppings
\$5.99



Tuna Melt Panini \$6.99 | 560 cal

with cheddar cheese & tomato

Chicken Fajita Panini \$6.99 | 510 cal

Grilled chicken, sautéed peppers & onions, fresh cilantro & melted cheddar Jack cheese on griddled panini bread

Chicken Parmigiana Panini \$6.99 | 610 cal

Crispy fried chicken topped with marinara sauce, melted provolone & parmesan cheeses and fresh basil

Cheese/Chicken Quesadilla \$4.49/\$5.99 | 460/530cal

A Flour Tortilla Grilled Golden Filled with Creamy Monterey Jack Cheese (add chicken)

Roast Beef and Cheddar Panini \$7.29 | 810 cal

Roast beef, grilled onions and melted cheddar cheese with horseradish mayonnaise on griddled panini bread

Honey Ham and Colby Jack Grilled Cheese \$6.99 | 740 cal

Smoked Ham, Colby Jack Cheese and Honey mustard on griddled sourdough bread

Chicken Pesto Panini \$6.99 | 570 cal

Grilled chicken, fresh mozzarella, spinach, roasted red pepper and basil pine nut pesto on griddled panini bread

Fresh Mozzarella and Pesto Grilled Cheese \$6.99 | 640 cal

Fresh mozzarella, basil pine nut pesto, arugula, tomato and balsamic glaze on griddled sunflower multigrain bread



\$4.19 Create Your Own Deli Sandwich

Breads	cal		cal
White	140	Panini	210
Wheat Berry	240	GF Whole Grain	210
Rye	180	White Wrap	
Hearty Grain Tortilla	290		

Basic Proteins	cal	Premium Proteins +\$1.30	cal
Hickory Smoked Ham	90	Balsamic Grilled Chicken	130
Roasted Turkey	80	Roast Beef	120
Genoa Salami	320	Tuna Salad	320

Cheese 100 – 110 cal

Cheddar – Swiss – Provolone – American – Pepper Jack

Toppings	cal		cal
Green Leaf Lettuce	0	Bacon + \$1.09	80
Tomato	5	Avocado + \$0.79	100
Mild Banana Peppers	10	Sliced Red Onion	10
Dill Pickle Chips	0	Sliced Jalapeno Peppers	5
Black Olives	5		

Spreads	cal		cal
Mayonnaise/Sriracha Mayonnaise	100	Mustard/Dijon Mustard	10/25
Hummus	35	Garlic Parmesan Yogurt Spread	90



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2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.