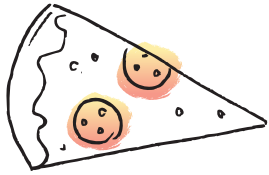


PIZZA



Pepperoni 9.09

Red sauce topped with mozzarella cheese, pepperoni and Parmesan cheese

Meat Lovers 10.19

Red sauce topped with mozzarella cheese, pepperoni, meatball crumbles, ham, bacon and Parmesan cheese

Supreme 10.19

Red Sauce topped with mozzarella cheese, pepperoni, meatball crumbles, ham, red peppers, and Parmesan cheese

Mediterranean 9.49

Red sauce topped with mozzarella cheese, tomatoes, Kalamata olives and Parmesan cheese

Great White 11.49

Alfredo sauce topped with grilled chicken, bacon, tomatoes, spinach, mozzarella and Parmesan cheese

Cheese 8.09

Red sauce topped with mozzarella and Parmesan cheese

Hawaiian 9.09

Red sauce topped with mozzarella, ham, pineapple, and Parmesan cheese

ENTREES

Roasted Veggie Quesadilla 8.69

Bell pepper, onions, mushroom, mozzarella and feta cheeses inside a whole wheat wrap served with salsa

Chicken Quesadilla 8.49

Diced grilled chicken, tomatoes, onions and Cheddar Jack cheese inside a whole wheat wrap served with salsa

Cheese Quesadilla 9.09

Cheddar Jack cheese inside a warm whole wheat wrap served with salsa

Chicken Strip Basket 10.89

2 chicken strips, French fries, Texas toast and side of gravy

Chicken Nachos 9.29

House-fried tortilla chips topped with house-made queso, melted Cheddar Jack cheese, seasoned chicken, tomatoes and black beans, served with jalapenos and salsa

Beef Nachos 10.99

House-fried tortilla chips topped with house-made queso, melted Cheddar Jack cheese, seasoned ground beef, tomatoes and black beans, served with jalapenos and salsa

Alfredo Chicken Fettuccine 9.09

Fettuccine, chicken breast and Alfredo sauce topped with Parmesan cheese, served with a side of cheesy bread

Pasta Primavera 8.99

Penne pasta and vegetables in alfredo sauce, topped with Parmesan cheese, served with a side of cheesy bread

Add grilled chicken breast \$2.99

Add salmon fillet \$4.99

Salmon* 9.49

Seasoned salmon fillet served atop a bed of rice with steamed veggies

Baked Potato 4.79

Butter only

Loaded (5.69): Includes butter, sour cream, cheese, chives and bacon bits

Loaded with Meat: Includes butter, sour cream, cheese, chives, bacon bits and your choice of meat.

Add Beef +3.29
Add Chicken +1.89
Add Pork +1.89
Add Ham +2.09
Add Turkey +1.89



HEALTHY HEARTH FAVORITE

Garlic Chicken 9.59

Grilled chicken served atop sautéed spinach covered with garlic butter, served with Asian slaw and cheesy bread

BURGERS

A la Carte
Veggie patty or turkey patty available*



Hamburger 7.89

Beef patty, lettuce, tomato, onion, pickles and mustard on a bun

+ Add cheese .69

Avocado Bacon Cheese Burger 10.69

Beef patty, bacon, cheddar cheese, lettuce, tomato, avocado and mayo on Texas toast

Hickory Bacon Burger 9.49

Beef patty, cheddar cheese, bacon and onion on a bun with a side of BBQ

Queso Burger 11.99

Beef patty topped with house-made queso, on a bun with tortilla chips and salsa on the side

Southwest Turkey* Burger 8.09

Turkey patty, cheddar cheese, avocado, salsa, lettuce and jalapenos on a bun

Mushroom Swiss Burger 8.19

Beef patty, sautéed mushrooms, and Swiss cheese on a bun

**Turkey patties or salmon may take 10 minutes or more to cook*

SIDE CHOICES

Chips 1.89	Chips and Salsa 2.79
Seasoned Rice 2.49	Chips and Queso 5.29
Mashed Potatoes 2.49	Side Strawberry Salad 5.49
Macaroni and Cheese 2.49	French Fries 3.99
Steamed Vegetables 2.49	Cup of Soup 5.09
Asian Broccoli Slaw 2.99	Bowl of Soup 5.79
Potato Wedges 3.09	Sweet Fries 5.49
Side Garden Salad 3.79	Tater Tots 2.99
Side Caesar Salad 3.69	
Fruit Salad 3.39	

SANDWICHES

A la Carte
Gluten-free bread +1.89

Pulled Pork 8.99

Tender, slow cooked pulled pork on toasted ciabatta with a side of BBQ

Chicken Salad 7.09

House-made chicken salad, lettuce and tomato on toasted wheatberry

Turkey Avocado 9.09

Turkey breast, cheddar cheese, lettuce, avocado, tomato and pesto mayo on toasted wheatberry

Chicken Ranch Wrap 7.09

Grilled chicken, ranch, lettuce and tomato on a whole wheat wrap

Grilled Chicken Club 8.69

Grilled chicken, bacon, pepperjack cheese, lettuce, tomato and mayo on a toasted potato bun

Caprese 7.39

Artichokes, Dusseldorf mustard, spinach, red peppers and fresh mozzarella on toasted cibatta

Chicken Ciabatta 7.69

Grilled chicken, cheddar cheese, lettuce, tomato and Dusseldorf mustard on toasted cibatta

Tuna Melt 8.59

House-made tuna salad, American cheese and bacon on toasted wheatberry

Grilled Three Cheese 4.99

American, Swiss and Cheddar Cheeses on Texas toast

BLT 6.09

Bacon, lettuce, tomato and mayonnaise on Texas toast

Green Goddess 8.29

Fresh mozzarella cheese, cucumbers, spinach, avocado and house-made pesto mayo on toasted wheatberry

Crispy Chicken 7.09

Crispy chicken, lettuce, tomato, and mayo on a bun

SALADS

Caesar 5.99

Chopped romaine, Parmesan cheese, croutons with Caesar dressing on the side

Add grilled chicken breast \$2.99, salmon fillet \$4.99*

Greek 9.69

Chopped romaine, artichokes, Kalamata olives, grape tomatoes, feta cheese, pepperoncinis and cucumbers with house-made lemon vinaigrette on the side

Add grilled chicken breast \$2.99, salmon fillet \$5.99*

Turkey Cobb 9.49

Chopped romaine, turkey, egg, Cheddar Jack cheese, grape tomatoes, onions and sliced avocado with house-made ranch dressing on the side

Southwest Crispy Chicken 9.19

Chopped romaine, crispy chicken tenders, Cheddar Jack cheese, black bean corn salsa, grape tomatoes and tortilla strips with house-made chipotle ranch on the side

Garden 6.39

Chopped romaine, cucumbers, grape tomatoes, croutons with house-made ranch dressing on the side

Add grilled chicken breast \$2.99, salmon fillet \$4.99*

Chef 9.69

Chopped romaine, turkey, ham, boiled egg, carrot, Cheddar Jack cheese, grape tomatoes with house-made ranch dressing on the side

Nourish Bowl 10.09

Chopped romaine, avocado, cucumber, onion, carrot, chickpea, grape tomatoes, hummus with house-made lemon vinaigrette on the side

Add grilled chicken breast \$2.99, salmon fillet \$4.99*

Strawberry Spinach 8.99

Spinach, strawberries, candied pecans, feta cheese crumbles with balsamic vinaigrette on the side

Add grilled chicken breast \$2.99, salmon fillet \$5.99*



SALAD DRESSING OPTIONS

Ranch, chipotle ranch, Caesar, fat-free ranch, honey mustard, lemon vinaigrette or balsamic vinaigrette

*Turkey patties or salmon may take 10 minutes or more to cook

SOUP

House-Made Chicken Noodle 5.09 / 5.79

Served with a slice of cheesy bread

House-Made Tomato Basil 5.09 / 5.79

Served with a slice of cheesy bread

Soup of the Day 5.09 / 5.79

Served with a slice of cheesy bread

Chicken Broth 1.49

Beef Broth 1.49



AMAZING DESSERTS

Cupcakes 3.29

Cookies 2.09

Cinnamon roll 3.29

Hello Dollie 3.49

Lemon Bar 3.99

Brownie 3.99

Muffin 3.29

Sticky Bun 3.49

Yogurt Parfait 3.69

Pudding Parfait 3.29

Danish 3.09

Strawberry Cheesecake Bar 4.39

Grape Cup 2.89

The Jeannine Rainbolt

Healthy Hearth

BEVERAGES

Fountain Drinks

16oz 1.59

20oz 1.99

24oz 2.99

Refills 1.59

Bottled Water .75

Milk

Small 2.39 / Medium 2.89

Juice 3.95

Honey Ginger Lemonade

16oz 2.29 / 20oz 2.89 / 24oz 3.59

SIDES

Chips 1.89

Seasoned Rice 2.49

Mashed Potatoes 2.49

Macaroni and Cheese 2.49

Steamed Vegetables 2.49

Asian Broccoli Slaw 2.99

Potato Wedges 3.09

Side Garden Salad 3.79

Side Caesar Salad 3.69

Fruit Salad 3.39

Chips and Salsa 2.79

Chips and Queso 5.29

Side Strawberry Salad 5.49

French Fries 3.99

Sweet Potato Fries 5.49

Cup of Soup 5.09

Bowl of Soup 5.79

Tater Tots 2.99