



SUNDAY

Menus subject to change.

FLASH’S PICK

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]
Lunch Honey Mustard Grilled Tofu (S), Herb Roasted Potatoes, Ginger Snap Peas, Roasted Yellow Squash & Zucchini. [Calories 60-330]
Dinner Portobello Poutine (W,S), Roasted Broccoli. [Calories 110-505]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Tater Tots (S). [Calories 60-890]
Lunch Ginger Ground Pork (S), Steamed Brown Rice, Roasted Broccoli Florets, Roasted Cauliflower. [Calories 5-255]
Dinner Roasted BBQ Chicken (S), Rosemary Garlic Red Potatoes, BBQ Baked Beans (F), Sweet Corn Succotash. [Calories 80-790]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Sausage Breakfast Biscuit (W,S), Spinach Egg & Cheese Biscuit (M,S,W,E). [Calories 80-1130]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2095]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1505]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Sausage (M,W,S). [Calories 290-360]

GREENS & PROTEINS

Lunch Lentil, Chicken Noodle, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Paneer Cheese [Calories 94-870]
Dinner White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Samosas [Calories 107-718]

W – Contains Wheat
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SF – Contains Shellfish

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P – Contains Peanuts
SS – Contains Sesame

E – Contains Eggs
T – Contains Tree Nuts
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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request.

Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



MONDAY

FLASH’S PICK

Menus subject to change.

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash [Calories 100-860]
Lunch Lentil Falafel Bowl (SS), Fassolakia Lathera Greek Green Beans [70-460]
Dinner Texas Mushroom Chili, Jasmine Rice, Spiced Green Beans, Butternut Squash Succotash [35-665]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns [60-680]
Lunch Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy [5-335]
Dinner Taco Seasoned Ground Turkey, Mexican Rice (S), Pineapple Salsa, Mexican Street Corn (M), Lime Crema (M) [Calories 40-655]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg, Spinach & Cheese Croissant (M,S,W,E), Bacon, Egg, & Cheese Croissant (M,S,W,E) [Calories 80-1075]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [5-2095]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Grilled Cheese Sandwich (M,S,W), Bacon Cheese Burger (S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [Calories 5-2590]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), BBQ Chicken (M,W,S). [Calories 290-1240]

CULINARY CREATIONS

Lunch/Dinner Carnita Rice Bowl – BBQ Pulled Pork, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Cilantro Lime Rice Pepper & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1175]

GREENS & PROTEINS

Lunch - Broccoli Cheese, Caribbean Jerk Chicken
Dinner - Split Pea, Turkey Chili, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Veggie Croquettes [Calories 116-734]
Dinner White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Paneer Cheese [Calories 124-919]

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TUESDAY

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FLASH'S PICK

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion [Calories 100-670]
Lunch Mushroom Street Tacos (S,T), Corn Tortilla, Diced Tomato, Steamed Coconut Rice (T), Black Beans, Vegan Mozzarella Cheese [Calories 80-615]
Dinner Lentil Sloppy Joe's (W), French Fries (S), Corn [Calories 70-492]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien [Calories 60-760]
Lunch Pot Roast, Blanched Green Beans, Roasted Potatoes with Lemon Vinaigrette, Peas & Carrots [Calories 40-460]
Dinner Sweet and Sour Pork (S), Brown Rice Vegetable, Broccoli Garlic Stir Fry [Calories 140-910]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Spinach, Egg, & Cheese English Muffin (M,S,W,E), Ham, Egg, & Cheese English Muffin (M,S,W,E) [Calories 80-1040]
Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2320]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Pastrami with Swiss (M,W,S,SS), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-1985]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,W,S). [Calories 290-1250]

CULINARY CREATIONS

Lunch/Dinner Beef Barbacoa Rice Bowl – Beef Barbacoa, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M) , Chipotle Ranch, Salsa, Taco Seasoned Tofu (S). [Calories 5-1405]

GREENS & PROTEINS

Lunch Sweet Potato Chipotle, Clam Chowder
Dinner Garden Vegetable, Chicken Tortilla, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Samosas [Calories 94-669]
Dinner White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Veggie Croquettes [Calories 94-712]

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WEDNESDAY

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FLASH’S PICK

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]
Lunch Bibimbap Bowl (W,S,SS). [Calories 1,035]
Dinner Penne Pasta (W), Marinara, Mediterranean Roasted Vegetables, Vegan Chicken. [Calories 120-460]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 60-475]
Lunch Blackened Cod (F), Spinach & Mushrooms (S), Roasted Yellow Squash & Zucchini, Potato Salad (E). [Calories 80-780]
Dinner Roasted Orange Balsamic Chicken (S), Classic Green Bean Casserole (M), Buttermilk Mashed Yukon Potatoes (M), Ginger Snap Pea. [Calories 80-950]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Spinach Egg & Cheese Breakfast Biscuit (M,W,E,S), Sausage Biscuit (M,S,W,E). [Calories 80-1130]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Parmesan Sandwich (M,W,S), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,125]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Nuggets, Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

PIECE OF THE PIE

Breakfast Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Mac & Cheese (M,W,S). [Calories 290-1,310]

CULINARY CREATIONS

Lunch/Dinner Taco Rice Bowl – Ground Taco Turkey, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Lettuce, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1115]

GREENS & PROTEINS

Lunch Vegetarian Chili, Italian Wedding
Dinner Jerk Chicken, Carrot Ginger, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Paneer Cheese [Calories 116-892]
Dinner White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Samosas [Calories 107-691]

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THURSDAY

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FLASH’S PICK

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]
Lunch Vegetable Yakisoba (W, S), Vegan Teriyaki Chicken (S), Ginger Bok Choy (S, SS), Roasted Mushrooms. [Calories 50-770]
Dinner Huli Huli Tofu (S), Fried rice (S), Seasoned Vegetables Stir Fry (S), Roasted Broccoli. [Calories 110-560]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]
Lunch Bolognese Beef Sauce, Lentil Herb Pasta, Steamed Broccoli, Jerk Green Beans. [Calories 40-1,280]
Dinner Honey Garlic Glaze Pork (S), Sweet Potato, Roasted Asparagus, Rosemary Roasted Cauliflower. [Calories 130-800]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Spinach Egg & Cheese Croissant (M, S, W, E), Bacon Egg & Cheese Croissant (M, S, W, E). [Calories 80-1,075]
Lunch Grilled Marinated Chicken Sandwich (M, S, W), Hamburger, Grilled Cheese Sandwich (M, W, S), Nacho Cheese Grilled Cheese (W, S, M), Curly Fries (W, S), Lettuce, Tomato, Onion, Pickle. [Calories 10-2,720]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey Burger with Pepper Jack (S, W, M), Curly Fries (W, S), Lettuce, Tomato, Onion, Pickle. [Calories 10-1,615]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Margarita Pizza (M, W). [Calories 220-1,120]

CULINARY CREATIONS

Lunch/Dinner Chicken Tinga Rice Bowl; Chicken Tinga, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Brown Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olive, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Guacamole. [Calories 5-1410]

GREENS & PROTEINS

Lunch Garden Veggie, Loaded Potato
Dinner Clam Chowder, Carrot Ginger, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Veggie Croquettes [Calories 124-761]
Dinner White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Paneer Cheese [Calories 94-870]

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FRIDAY

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FLASH’S PICK

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]
Lunch Stuffed Mushroom (T), Mashed Sweet Potatoes (T), Cauliflower Stuffing, Sauteed Zucchini & Tomatoes. [Calories 60-1015]
Dinner Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns [Calories 60-680]
Lunch Citrus Bourbon Chicken, Seasoned Beans & Corn, Sour Cream, Whole Baked Potatoes, Diced Bacon Topping [Calories 60-650]
Dinner Fish Salmon Maple Walnut Crusted (F,T), Rice Steamed Basmati, Black Eyed Peas, Roasted Brussel Sprouts [160-1340]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Spinach, Egg, & Cheese English Muffin (M,W,E,S), Ham, Egg, & Cheese English Muffin (M,S,W,E). [Calories 80-1040]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Nuggets (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle [Calories 1715]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger, Grilled Cheese Sandwich (M,W,S), Jalapenos Burger (M,S,W,SS), Tater Tots, Lettuce, Tomato, Onion, Pickle [5-2910]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken Pizza (M,W,S). [Calories 290-1120]

CULINARY CREATIONS

Lunch/Dinner Beef Fajita Rice Bowl – Beef Fajita, Taco Seasoned Tofu (S), Black Beas, Pinto Beans, Cilantro Lime Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1170]

GREENS & PROTEINS

Lunch Tomato Feta, Coconut Curry Chicken
Dinner Chicken Tortilla, Veggie Chili, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Veggie Croquettes [Calories 94-712]
Dinner White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Paneer Cheese [Calories 116-892]

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EASTWAY

dining

SATURDAY

Menus subject to change.

FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-585]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Bacon, Parmesan Cheese (M Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M) [Calories 5-1945]), Peppers, Sliced Onions, Sliced

TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]
Lunch Chickpea Gumbo, Vegetable Dirty Rice, Roasted Cauliflower, Spiced Green Beans. [Calories 35-540]
Dinner White Bean Cassoulet with Biscuits (W,S), Baked Sweet Potato, Brown Rice with Tomato, Onion, & Basil, Steamed Broccoli Florets [Calories 40-690]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien [Calories 60-760]
Lunch Kalua Pork, Braised Red Cabbage, Roasted Cauliflower, Potato Salad [Calories 100-700]
Dinner Beef Steak Flank Grilled Marinated Herb, Honey Glazed Carrots, Sauteed Zucchini & Tomatoes, Spanish Style Roasted Potatoes [Calories 60-590]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Sausage Biscuit (W,S), Spinach Egg & Cheese Biscuit (M,S,W,E). [Calories 80-1130]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), All Beef Hot Dog, Steak Fries (S), Lettuce, Tomato, Onion, Pickle [Calories 5-1655]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,W,S). [Calories 290-1250]

GREENS & PROTEINS

Lunch Butternut Squash & Apple, Steak Chili & Beans, Crackers

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SATURDAY

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CHOO LA AH

Lunch White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Samosas [Calories 107-718]
Dinner White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Veggie Croquettes [Calories 116-734]

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