



IT'S BBQ WEEK!



MENU

BBQ Pork Rib Plate 783 cal | 10.35

bbq pork rib, mango serrano relish, black bean corn salad, cornbread, & choice of fries, tater tots, or side salad

BBQ Jackfruit Sandwich V 545 cal | 10.35

bbq pulled jackfruit, pepper jack cheese, fried onion ring, coleslaw, brioche & choice of fries, tater tots, or side salad

VN vegan **V** vegetarian



ADELAIDE'S

11 – 2 p.m.

Specials

Served with choice of fries, tater tots, or side salad.

BBQ Pork Rib Plate | 783 cal 10.35

bbq pork rib, mango serrano relish, & black bean corn salad, cornbread

BBQ Jackfruit Sandwich V | 545 cal 10.35

bbq pulled jackfruit, pepper jack cheese, fried onion ring, coleslaw, & brioche

From The Grill

All burgers & sandwiches include lettuce, tomato, onion & pickles. Served with fries, tater tots, or side salad.

Hamburger* | 655 cal 10.00

Grilled Chicken Sandwich | 625 cal 10.35

Fried Chicken Tenders | 800 cal 8.55

Black Bean Burger VN | 505 cal 10.35

Beyond Burger VN | 620 cal 10.35

À La Carte Sides

Fries VN | 263 cal 2.25

Tots VN | 318 cal 2.25

Garden Salad VN | 99/149 cal 2.25

mix greens, tomatoes, cucumber, carrots, ranch or balsamic dressing

THIS WEEK'S SOUP

8 oz - 3.35 | 12 oz - 4.45 | 16 oz - 5.45

MONDAY

Lemon Chicken Orzo 220/335/450 cal

Tomato Basil V 80/120/150 cal

TUESDAY

Loaded Bacon & Potato 225/340/455 cal

Squash & Black Bean VN 125/175/225 cal

WEDNESDAY

Chicken Noodle 75/115/110 cal

Curry Rice & Lentil VN 123/186/232 cal

THURSDAY

Chicken Tortilla 230/345/460 cal

Vegetable Minestrone V 120/170/220 cal

FRIDAY

Bacon Clam Chowder 230/345/460 cal

Miso Soup VN 25/38/50 cal

VN vegan V vegetarian

2000 calories is used as general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request. *Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions.



THIS WEEK'S MENU

11 – 2 p.m.

Monday - Tuesday

BIBIMBAP

Soy Glazed Pork 443 cal | \$12.25

scallions, 5 spice carrots, sesame cucumber,
cabbage, fried egg, kimchi roasted squash
served over your choice of brown rice or white rice

Gochujang Tofu **V 397 cal | \$10.50**

scallions, 5 spice carrots, sesame cucumber,
cabbage, fried egg, kimchi roasted squash
served over your choice of brown rice or white rice

VN vegan **V** vegetarian



harvest

11 – 2 p.m.



WEEKLY SPECIALS

Italian Salad 287/377 cal

romaine, arugula, salami, pepperoncini, sliced black olives, pickled onions, parmesan cheese & Italian dressing

6.15/8.40
+ protein 4.25

SEASONAL SALADS

Spring Forward Salad V 298/586 cal

spring mix, marinated artichoke hearts, asparagus, pickled onion, cucumber, feta, balsamic dressing

6.15/8.40
+ protein 4.25

Kale Crunch Salad V 334/423 cal

kale, cabbage, edamame, watermelon radish, carrots, toasted sesame seeds, sesame miso dressing

6.15/8.40
+ protein 4.25

CLASSIC SALADS

Day 1 Garden Salad VN 182/273 cal

spring mix, cherry tomatoes, carrot, cucumbers, red onion, watermelon radish, balsamic vinaigrette

6.15/8.40
+ protein 4.25

Caesar Salad V 198/297 cal

romaine hearts, parmesan cheese, herb croutons, lemon wedge, caesar dressing

6.15/8.40
+ protein 4.25

Greek Salad V 206/309 cal

romaine, feta cheese, cherry tomatoes, cucumber, kalamata olives, pickled red onion, lemon wedge, red wine vinaigrette

6.15/8.40
+ protein 4.25

CHOOSE YOUR OWN ADVENTURE 6.15/8.40 + protein 4.25

PICK A BASE

Spring Mix
Romaine
Kale



ADD PROTEIN

Grilled Herb Chicken
Grilled Herb Tofu



TOP IT OFF!

Choose up to (8)
toppings of fresh
ingredients!



PICK A DRESSING

Ranch V
Sesame Miso V
Balsamic VN
Caesar Vinaigrette V
Red Wine Vinaigrette VN

VN vegan V vegetarian

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