



BREAKFAST

Bowl of Oatmeal	2.99	
With 2% milk and brown sugar		
Sauteed Peaches with Oatmeal	4.99	
Served with granola, 2% milk and brown sugar		
Health Club	6.99	
Two poached eggs on a toasted English muffin with cottage cheese and two peach halves		
	Light Breakfast	5.89
	Toasted English muffin surrounded with fresh fruit	
	One Scrambled Egg & Turkey Links	6.79
	With fruit or sliced tomatoes and 2 slices of wheat toast	
	Veggie Egg White Omelette	9.14
	With fruit, or sliced tomatoes, 2 slices of wheat toast, (broccoli, mushrooms, green peppers, onions & tomatoes)	
	Two Egg Whites and Chicken Breast	10.29
	With fruit and 2 slices of wheat toast	
	Short Pancakes (2)	5.28
	With banana or pecans	
The 1-2-3		7.99
One scrambled egg, two wedges of French toast and three turkey links		
Fresh Strawberry Short Crepes (2)		8.24
Cottage Cheese Short Crepes (2)		6.99
Filled with 4% milk fat with cottage cheese		
White Hen Skillet		10.99
A small layer of homemade hash browns, chicken breast, tomatoes, spinach, avocado and topped with two egg whites. Served with an English muffin		

LUNCH

Combo		6.69
Bowl of soup and dinner salad		
Half Sandwich and Cup of Soup		6.69
Choice: Sliced turkey or ham on wheat bread		
Healthy Turkey Burger on Multi-grain Toast		8.49
Served with fruit and garnish		
	Healthy Veggie Club	8.59
	Tomatoes, red onion, cucumbers, lettuce, Swiss cheese, mayonnaise and sliced avocado on multi-grain toast.	
	Served with fruit or sliced tomatoes	
	Healthy Veggie Wrap	8.29
	In wheat tortilla, avocado, tomato, cucumber, red onion, lettuce, mayonnaise and cheddar cheese. Served with fruit	
	Healthy Chicken Fajita Wrap	8.79
	Grilled onions, grilled peppers, and cheddar cheese on wheat tortilla. (Salsa and sour cream on the side)	
	Served with fruit	
Grilled Chicken Breast		8.99
Served with salad, veggies and baked potato		
Stuffed Tomato Delight		8.29
Stuffed with scoop of tuna or chicken salad, cottage cheese and fruit		