

## DELICIOUS FLAVORS SERVED YOUR FAVORITE WAY

### SAVORY SALADS \$7.50

Add protein for an additional \$2.50. Choose chicken, steak, shrimp, bacon or diced ham.

**Southwest** - Romaine Lettuce, Corn & Black Beans, Tortilla Strips, Colby Jack Cheese, Chipotle Ranch

**Buffalo** - Romaine lettuce, Cucumber, Tomato, Onion, Buffalo Sauce, Colby Jack Cheese, Ranch Dressing

**Veggie** - Sautéed Peppers, Onions and Mushrooms, Spinach, Parmesan Cheese, Italian Dressing

### PREMIUM SALAD \$9.50

**Chef** - Romaine lettuce, Turkey, Ham, Swiss Cheese, Cucumber, Egg, Tomato, Colby Jack Cheese, Croutons

### TASTY WRAPS \$7.50

Served with regular kettle chips & pickle

Upgrade to any Premium Side for \$1.50; Salad or Cup of Soup \$2.50

Add protein for an additional \$2.50. Choose chicken, steak, shrimp, bacon or diced ham.

**Southwest** - Romaine Lettuce, Corn & Black Beans, Tortilla Strips, Colby Jack Cheese, Chipotle Ranch

**Buffalo** - Romaine lettuce, Cucumber, Tomato, Onion, Buffalo Sauce, Colby Jack Cheese, Ranch Dressing

**Veggie** - Sautéed Peppers, Onions and Mushrooms, Spinach, Parmesan Cheese, Italian Dressing,  
Sun Dried Tomato Cream Cheese

**Teriyaki** - Stir Fry Vegetable Blend, Teriyaki Sauce, Spinach, Wonton Strips

### PREMIUM WRAP \$9.50

**3 Cheese Turkey** - Scallion Cream cheese, Turkey, Tomato, White Cheddar, Colby Jack, Tortilla Strips

### HOT QUESADILLAS \$7.50

Add protein for an additional \$2.50. Choose chicken, steak, shrimp, bacon or diced ham.

Salsa & Sour Cream upon request.

**Southwest** - Corn & Black Beans, Chipotle Ranch Dressing

**Buffalo** - Buffalo Sauce, Grilled Onions, Ranch Dressing

**Veggie** - Sautéed Peppers, Onions and Mushrooms, Spinach

**Teriyaki** - Stir Fry Vegetable Blend, Teriyaki Sauce, Wonton Strips

**Cheese (\$6.50)**



### PREMIUM QUESADILLA \$9.50

**Chicken Bacon Ranch** - Chicken, Bacon, Ranch Dressing

### BROWN RICE/QUINOA BOWLS \$7.50

Add protein for an additional \$2.50. Choose chicken, steak, shrimp, bacon or diced ham.

**Southwest** - Brown Rice/Quinoa, Corn & Black Beans, Tortilla Strips, Colby Jack Cheese, Chipotle Ranch

**Buffalo** - Brown Rice/Quinoa, Cucumber, Tomato, Onion, Buffalo Sauce, Colby Cheese

**Veggie** - Brown Rice/Quinoa, Sautéed Peppers, Onions and Mushrooms, Spinach, Parmesan Cheese

**Teriyaki** - Brown Rice/Quinoa, Stir Fry Vegetable Blend, Teriyaki Sauce, Wonton Strips

## BURGERS ♦ HOTDOGS ♦ SANDWICHES

Served with regular kettle chips & pickle.

Upgrade to any Premium Side for \$1.50; House Salad or Cup of Soup \$2.50.

**Cheeseburger \$9.00** - American Cheese, Lettuce, Tomato, Red Onion

**Hamburger \$9.00** - Lettuce, Tomato, Red Onion

**Fit Burger \$9.00** - Burger Pattie Served on a House Salad with your choice of dressing & a side of Cottage Cheese

**Burger Quesadilla \$9.50** - Tortilla Wrap, Burger, American Cheese, Romaine, Red Onion, Tomato, Pickle, Thousand Island Dressing

**Additional Toppings \$.50 each**  
**Bacon \$1.00**

Grilled Mushrooms, Grilled Onions, Red Onion, Pickle, Corn & Black Beans, Fajita Peppers & Onions, Swiss Cheese, White Cheddar Cheese, Colby Jack Cheese, Parmesan Cheese

**Jumbo Hotdog \$6.00**    **Jumbo Bacon Cheese Hotdog \$7.00**    *Add another hotdog \$2.00*

**Turkey Bacon Club \$8.50** - Turkey, Bacon, White Cheddar, Romaine, Tomato, Chipotle Mayo, Sourdough

**Chicken Salad Sandwich \$8.00** - Served on Sourdough, *contains almonds*

**Egg Salad Sandwich \$8.00** - Served on Whole Grain Bread

**Veggie Perfection \$7.50** - Sundried Cream Cheese, Basil, Tomato, Red Onion, Swiss, Parmesan Cheese, Whole Grain Bread

**Grilled Cheese \$6.00** - American Cheese, Sourdough    Add: Turkey or Bacon \$1.00

## PREMIUM SIDES

Fresh Fruit Cup	\$3.00	Pasta Salad	\$3.00
Cottage Cheese	\$3.00	Jalapeno Coleslaw	\$3.00
House Salad	\$4.00	<i>Romaine, Tomato, Cucumber, Cheese, Croutons</i>	
Soup of the Day	Cup \$4.00	Bowl \$5.50	
Bag of Kettle Chips	\$1.50	<i>BBQ, Parmesan Ranch, Salt &amp; Pepper</i>	

## COMBO MEAL \$8.00

Cup of Soup  
House Salad  
Fountain Drink

## Discount Dining

Suggested Donation of \$5.00 with our Discount Dining Card, available to those aged 60 and over.\*

Join us for discount dining during regular hours, choosing a meal from the menu. All meals are ½ portions, with the exception of burgers and hotdogs, with choice of 2 Discount Dine Sides and a Beverage.

Side Choices (Choose 2): Fresh Fruit Cup, Pasta Salad, Cottage Cheese, Jalapeno Coleslaw, House Salad

Beverage Choices (Choose 1): Milk, Iced Tea, Hot Tea or Coffee  
*(Fountain drinks not included, no substitutions)*

To get a Discount Dining Card, fill out a Senior Dine Card Registration Form, available on our website at [agewellservices.org/senior-discount-dining-program](http://agewellservices.org/senior-discount-dining-program) or from the Wellness Office.