

Build~a~Menu

Build~a~Scramble

<u>Proteins (3oz):</u>	*3 eggs *deli ham *deli turkey *grilled chicken *bacon
<u>+\$2</u>	*grilled shrimp *sliced steak *extra protein
<u>Veggies:</u>	*spinach *mushrooms *tomatoes *peppers *onions *jalapenos
<u>Extras:</u>	*seasoned potatoes *cheddar *American *Swiss *salsa

Buid~a~Salad

<u>Greens:</u>	*romaine *iceberg *both
<u>Proteins (3oz):</u>	*grilled chicken *fried chicken *deli ham *deli turkey
<u>+\$2</u>	*grilled shrimp *sliced steak *extra protein
<u>Veggies:</u>	*tomatoes *carrots *cucumber *red onion *black olives *green olives
<u>Extras:</u>	*boiled egg *cheddar *bacon *parmesan *jalapenos *salsa
	*croutons *tortilla chips
<u>Dressing:</u>	*Caesar *Italian *ranch *honey mustard *thousand island *bleu cheese

Build~a~Pasta

<u>Pastas:</u>	*spaghetti *cavatappi *cheese tortellini *cheese ravioli
<u>Sauces:</u>	*marinara *alfredo *pink *garlic *laboucherie
<u>Proteins (3oz):</u>	*grilled chicken *fried chicken *beef meatballs *seasoned beef
<u>+\$2</u>	*grilled shrimp *sliced steak *extra protein
<u>Veggies:</u>	*spinach *mushrooms *tomatoes *broccoli *garlic *peppers *onions

Build~a~Wrap

<u>Proteins (3oz):</u>	*grilled chicken *fried chicken *deli ham *deli turkey *bacon
<u>\$2</u>	*grilled shrimp *fried shrimp *sliced steak *extra protein
<u>Veggies:</u>	*romaine *iceberg *tomatoes *cucumber *red onion
<u>Extras:</u>	*black olives *green olives *jalapenos *salsa *deli cheddar *deli swiss
<u>Dressing:</u>	*Caesar *Italian *ranch *honey mustard *thousand island *bleu cheese
	*buffalo *remoulade