

**MEAL ORDER FORM**

LUNCH BOXES- INCLUDE SANWICH CHIPS COOKIE AND DRINK- $10.00 (INCLUDES TAX AND DELIVERY)

(ANY SPECIAL REQUESTS WRITE IN BOX PROVIDED NEXT TO ITEM) **PLEASE SPECIFY ANY ALLERGIES**

**Day and Date of order. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NAME**-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **TEAM**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please circle items you want ON the sandwich**

***ROASTED TURKEY***- SWISS CHEESE LETTUCE TOMATO MAYO MUSTARD

***BLACK FOREST HAM -***  AMERICAN CHEESE LETTUCE TOMATO MAYO MUSTARD

 ***ROAST BEEF***- PROVOLONE CHEESE LETTUCE TOMATO HORSEY SAUCE

***ITALIAN*** – HAM SALAMI PEPPERONI PROVOLONE CHEESE LETTUCE TOMATO ITALIAN DRESSING

**ROASTED PORK PHILLY**- pork, grilled onions, peppers, white American cheese, BBQ sauce

**Chicken tender Sub**- fried chicken tenders, sweet honey mustard sauce, lettuce, tomato

 ***PEANUT BUTTER AND JELLY***- BANANAS

***CHICKEN CAESAR WRAP***- CHICKEN CAESAR DRESSING PARM CHEESE

 ***BUFFALO CHICKEN WRAP***- CHICKEN BUFFALO SAUCE TOMATO LETTUCE SHREDDED CHEESE RANCH

***CHICKEN SALAD CROISSANT***- Rotisserie chicken tossed in mayo, spices, celery grapes and apples (no changes)

 ***HOUSE CHICKEN SALAD***- GRILLED CHICKEN TOMATOES CUCUMBERS SHREDDED CHEESE RED ONION CHOICE OF DRESSING- RANCH BLUE CHEESE BALSAMIC VINAIGRETTE HONEY MUSTARD

 ***CHICKEN CAESAR SALAD***- ROMAINE LETTUCE PARM CHEESE CAESAR DRESSING CROUTONS

 ***CHEF SALAD-*** TURKEY HAM EGG TOMATO SHREDDED CHEESE RED ONION

**Breaded chicken sandwich-** lightly breaded and fried lettuce. Dill pickle

**Stuffed Burrito-** *Chicken Rice Black beans. Salsa. Lettuce. Cheese sauce. Shredded cheese*

***Training Menu (not available during spring training)***

Black Bean Bowl $8

Scrambled eggs, black beans, avocado topped with salsa

Scrambled egg bowl $8

Scrambled eggs, turkey sausage, spinach, topped with cheddar cheese

quinoa veggie egg bowl $10

sweet potato hash, bell peppers, onions, mushrooms, kale served over quinoa and topped with 2 fried eggs

Paleo hash $8

Sautéed sweet potato, chorizo, garlic, zucchini, spinach

Can add meat - turkey sausage

POWER BOWL $10

Acai, banana, strawberries, protein powder, almond butter, almond milk topped with granola

Island Bowl $10

Acai, banana, mango, pineapple, coconut milk topped with granola berries and coconut shaving

***BUDDA BOWL $12***

Sautéed Sweet Potatoes, Roasted Chickpeas, Garlicky Kale. tossed in a Tahini Sauce

\*\*Vegan

Spinach Salad $12

Bed of Spinach layered with hard boiled eggs, cherry tomatoes, red onion, sliced almonds and tossed in a balsamic vinaigrette. Grilled chicken

Mediterranean Salad $12

Spring mixed greens topped with roma tomatoes, cucumbers, feta cheese, red onions, black olives, and grilled chicken with a side of Greek dressing

Grilled Chicken Strips $12

Grilled Chicken marinated in a balsamic glaze served with steamed broccoli and quinoa

Breakfast Sandwiches- $7.00

*includes sandwich granola bar and drink*

Breakfast Bagel

Egg, SAUSAGEor ***BACON***, cheese served on a choice o*f* ***Bagel*** ***Biscuit*** ***English muffin*** or ***Waffle.* (Circle sausage or bacon and choice of bread)**

Pancakes /waffles/French toast sticks - $7.00

**Choice** of **PANCAKES WAFFLES**  or **FRENCH TOAST STICKS side** of sausage and syrup for dipping (circle 1 option)

Burrito Wrap- $7.00

Scrambled eggs tossed with cheese **SAUSAGE**  or  **BACON** home fries all folded in a wrap