

LUNCH & DINNER

Includes vegetable or a fresh tossed salad. Choice of dessert, juice, tea, or coffee.
Add 50¢ for gluten free bread.

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."

♥ GRILLED OR CRISPY CHICKEN SALAD

Chopped lettuce topped with grilled or crispy strips, shredded cheese, diced tomatoes, & crumbled bacon. Choice of dressing. 15 gm carbs

GF NACHOS

Fresh tortilla chips with melted cheddar jack cheese. Loaded with seasoned ground beef or chicken, diced tomatoes, bell peppers, & onions. Comes with salsa & sour cream. 36 gm carbs

QUESADILLA

Choice of chicken, beef, or veggies, cheddar jack cheese, onions, bell pepper, & diced tomatoes. Served with salsa & sour cream. 60 gm carbs

♥ GF CHEF SALAD

Chopped lettuce topped with julienned ham & turkey, sliced hard boiled egg, tomato, cheese, & dressing. 9 gm carbs before dressing

SIDE DISHES

♥ **Vegetable of the Day** 0 gm

GF **French Fries** 30 gm

GF **Sweet Potato Fries** 30 gm

GF **Cottage Cheese** 8 gm

Breaded Okra 30 gm

GF **Cole Slaw** 28 gm

♥ GF **Fruit** 15 gm

GF **Potato Chips** 15 gm

Mashed Potatoes & Gravy 30 gm

Crispy Breaded Onion Rings 51 gm

BREAD CHOICES

White Bread 15 gm carbs

Wheatberry Bread 21 gm carbs

Texas Toast 22 gm carbs

Flour Wrap Tortilla 60 gm carbs

Wheat Bread 15 gm carbs

Sourdough Bread 48 gm carbs

♥ = Heart Healthy GF = Gluten Free A Consistent Carbohydrate Diet Is 60 Grams Of Carbs Per Meal

