

# BEACH & BOROUGH

SANDWICH SHOP

## Base

● Lettuce Wrap (V)	20
● Whole Wheat Wrap (V)	290
● Garlic Herb Tortilla Wrap (V)	300
● White Bread (V)	120
● Wheat Bread (V)	120
● Flatbread	20
● Croissant	20

## Protein

● Roast Beef	30
● Turkey	30
● Tuna Salad	100
● Grilled Chicken	130
● Ham	40
● Pepperoni	140
● Applewood Bacon	50
● Turkey Bacon	20
● Egg Salad	230
● Salami	100

## Veggies

● Lettuce (V)	10
● Spinach (V)	0
● Cucumber (V)	0
● Onion (V)	10
● Green Pepper (V)	10
● Banana Pepper (V)	0
● Black Olives (V)	40
● Tomato (V)	0
● Pickle (V)	0

## Cheese

● Swiss *lowest sodium choice	80
● Cheddar	90
● American	105
● Pepper Jack	110
● Provolone	100

## Condiments

● Mustard	35	● Hummus (V)	50
● Brown Mustard	10	● Mayonnaise	100
● Italian Dressing	100	● Ranch	100
● Red Wine Vinegar	10	● Oil	110



# MoMex

## Base

● Shredded Lettuce (V)	10
● Spanish Rice (V)	105
● Cilantro Lime Rice (V)	100
● Corn Tortilla (V)	90
● White Tortilla (V)	40

## Protein

● Black Beans (V)	90
● Pinto Beans (V)	140
● Calabacitas (V)	120
● Chicken Tinga	190
● Pulled Pork	220
● Beef	280

## Topping

● Shredded Lettuce (V)	10
● Pico de Gallo (V)	10
● Red Onion (V)	0
● Jalapeno (V)	0
● Salsa (V)	5
● Guacamole (V)	60
● Lime Crema	20
● Shredded Cheese	115
● Queso	60

## Side

● Mexican Street Corn	160
● Chips and Salsa (V)	240
● Chips and Queso	280
● Chips and Guacamole (V)	230

## Dietitian's Choice

### ● Cilantro Lime Rice Bowl (V)

Cilantro lime rice topped with black beans, shredded lettuce, pico de gallo, onion, jalapeno, and a small serving of guacamole.



# BOUNCE

## Sides

● Stir Fry Vegetables 🌱	100
● Garlic Ginger Edamame 🌱	80
● White Rice 🌱	270
● Brown Rice 🌱	220
● Fried Rice 🌱	270
● Vegetable Egg Roll	130
● Pork Egg Roll	100
● Dumpling	120

## Vegetarian

● Sweet and Sour Tofu 🌱	120
● Sweet Chilli Tofu 🌱	180
● Soy Garlic Grilled Tofu 🌱	135
● Veggie Lo Mein	540

## Chicken

● General Tso's Chicken	215
● Orange Peel Chicken	200
● Teriyaki Chicken	310
● Cashew Chicken	325

## Beef

● Pepper Steak	340
● Kung Po Beef	491
● Mongolian Beef	415
● Beef and Broccoli	250

## Pork

● Hoisen Pork	265
● Mongolian Pork	400
● Sweet and Sour Pork	616
● Twice Pulled Pork	422

## Dietitian's Choice

### ● Teriyaki Tofu Rice Bowl 🌱

Marinated tofu and stir fried vegetables served over brown rice.

565 Calories



# italian

KITCHEN

## Pizza

● Four Cheese Pizza	550
● Pepperoni Pizza	500
● The Works Pizza	520
● Margherita Pizza	560
● White on White Pizza	540
● Specialty Pizzas	500-550

## Entree

● Spaghetti and Meatballs	620
● Specialty Pasta	440-760

## Sides

● Garlic Breadstick	90
● Garden Salad	35

# THE GRILL

## Base

● Bed of Lettuce	10
● Brioche Bun	250
● Whole Wheat	170
● Udi's Hamburger Bun	200

## Protein

● Grilled Chicken Breast	140
● Turkey Burger Patty	160
● Black Bean Patty	175
● Beef Patty	270
● Crispy Chicken Patty	270
● Chicken Tenders	710

## Cheese

● Swiss	80
● Cheddar	90
● Pepper Jack	110
● American	105

## Toppings

● Lettuce	10
● Onion	10
● Tomato	0
● Pickles	0

## Sides

● Fresh Fruit 🌱	60
● French Fries 🌱	595
● Onion Rings	505