## 2024 Lunch/Dinner Menu

G: Gluten Free options available
V: Vegetarian options available

## 14th Street Deli - V

> Any 8" Sub sandwich from "Signature Sandwiches" list OR Garden salad with grilled chicken OR Medium Gelato OR Medium Bubble Tea
> Chips
> Soda or iced tea
Café Manet
> Panini sandwich and chips OR small salad, soup and cookie OR three salads
> Soda of iced tea
California Tortilla - V, G
> Pick One (w/Chicken, Beef, Veggie or Plain) : Regular Size Signature Burrito/Bowl OR 2 Classic Tacos OR Classic Quesadilla OR Nachos
> Plus 20 oz. Fountain Soda or Bottled Water
Flamers
> Choice of Hamburger OR Cheeseburger OR Fried chicken filet OR 4 piece Chicken tenders OR Regular Hotdog (CH, Chili)
$>$ Regular fries OR Cheesy fries
$>$ Regular Soda or Water
Forever Young Café - V, G
> Build your own salad OR Any classic salad OR Any classic sandwich OR Wrap OR Panini OR Simple grilled cheese with strawberry smoothie OR any large smoothie
> Medium soda and chips
Great Wraps - V
> Choice of any regular size original gyro (lamb and beef) OR 3 piece chicken tenders, Philly cheesesteak, chicken Philly or chicken wrap, chipotle chicken or Chicken Caesar or Santa Fe or Buffalo chicken
> (crispy or grilled) OR veggie falafel hummus OR baja or Greek bowl (no fries)
$>$ Regular fries and drink
Kabuki Sushi \& Teriyaki - V, G
> Chicken teriyaki or rice bowl OR fried rice with sesame chicken or salad OR 12pcs California roll or veggie roll OR 6pcs spicy and regular California roll OR 4pcs spring roll

# $\approx$ INTERNATIONAL 

ITIRADE CENTER
Setting the stage for tomorrow
> Medium fountain drink
Larry's Cookies \& Ice Cream - G
> Two scoops of ice cream OR one scoop of ice cream and one cookie OR two cookies
> Welch's Fruit Snack Pouch
$>$ Medium soda or coffee
Maizal
> Build your own Bowl/Burrito with your choice of grilled chicken, pulled chicken OR quinoa balls (steak and/or brisket not included) plus 8 toppings, 2 sauces, house juice \& chocolate chip cookie

Nook - V
> 12 " cheese quesadilla OR pulled BBQ pork sandwich OR Pulled BBQ chicken sandwich OR pulled BBQ vegan sandwich
> Chips, mini dessert and soft drink or bottled water
Panera Bread
> Choose from "Pick Two": Grilled cheese sandwich with tomato soup OR Deli turkey sandwich OR Caesar salad with chicken noodle soup
> Includes Chips \& Medium drink
R\&B Steak and Grill
> Philly cheesesteak OR chicken cheesesteak OR 3 chicken strips OR 8 chicken nuggets OR buffalo sub OR
$>6$ pcs boneless buffalo wings
$>$ French fries
> Medium drink
Sbarro-V
> One slice of any NY pizza with a side salad OR one slice of any NY pizza with 2 garlic breadsticks OR one slice of any NY pizza with one cookie or chips OR spaghetti or baked ziti with garlic breadsticks
> Regular fountain drink
Smoothie King - V, G
> Any 32 oz. smoothie from the "Favorites" list with a granola bar
Subway - V
> Any regular 12 " sub OR 6" sub
$>$ Chips and cookie
$>$ Medium drink or bottled water

