The Carvery

Sunday - Friday
11 am - 8 pm

Daily Menu Selections

Vegetable of the Day	$2.69
Green Beans	$2.69
Corn	$2.69
Mac & Cheese	$3.49
Mashed Potatoes	$2.69
w/ Cream or Brown Gravy	
Roasted Red Potatoes	$2.69
Dinner Roll	$0.79
Fountain Drink	$2.49

MONDAY

Oven-roasted Turkey	$5.59
Smoked Brisket	$6.79
Smoked Sausage	$6.39
Pulled Pork Sandwich	$6.39

Specialty Side

Braised Cabbage	$2.99

Stuffed Spuds

Plain Baked Spud $5.99
whipped butter only

Loaded Baked Spud $7.99
whipped butter, sour cream, cheese, bacon bits & green onions

BBQ Spud $8.49
whipped butter, sour cream, brisket, bbq sauce & green onions

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w/ Cream or Brown Gravy	
Roasted Red Potatoes	$2.69
Dinner Roll	$0.79
Fountain Drink	$2.49

TUESDAY

Caribbean Flank Steak	$6.99
Oven-roasted Turkey	$5.59
Citrus Lime Pangasius	$6.49
Caribbean Pasta	$5.79

Stuffed Spuds

Plain Baked Spud $5.99
whipped butter only

Loaded Baked Spud $7.99
whipped butter, sour cream, cheese, bacon bits & green onions

BBQ Spud $8.49
whipped butter, sour cream, brisket, bbq sauce & green onions

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w/ Cream or Brown Gravy	
Roasted Red Potatoes	$2.69
Dinner Roll	$0.79
Fountain Drink	$2.49

WEDNESDAY

Oven-roasted Turkey	$5.59
Spinach Florentine	$7.39
Chicken Curry	$7.49
Fried Catfish	$6.79

Specialty Sides

Basmati Rice	$2.69
Naan Bread	$2.09

Stuffed Spuds

Plain Baked Spud $5.99
whipped butter only

Loaded Baked Spud $7.99
whipped butter, sour cream, cheese, bacon bits & green onions

BBQ Spud $8.49
whipped butter, sour cream, brisket, bbq sauce & green onions

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Corn	$2.69
Mac & Cheese	$3.49
Mashed Potatoes	$2.69
w/ Cream or Brown Gravy	
Roasted Red Potatoes	$2.69
Dinner Roll	$0.79
Fountain Drink	$2.49

THURSDAY

Korean BBQ w/ Rice	$6.79
Grilled Chicken w/ White BBQ sauce	$6.79
Smoked Sausage	$6.39
Smoked Brisket	$6.39

Specialty Side

Basmati Rice	$2.69

Stuffed Spuds

Plain Baked Spud $5.99
whipped butter only

Loaded Baked Spud $7.99
whipped butter, sour cream, cheese, bacon bits & green onions

BBQ Spud $8.49
whipped butter, sour cream, brisket, bbq sauce & green onions

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Corn	$2.69
Mac & Cheese	$3.49
Mashed Potatoes	$2.69
w/ Cream or Brown Gravy	
Roasted Red Potatoes	$2.69
Dinner Roll	$0.79
Fountain Drink	$2.49

FRIDAY

Roasted Pork Loin	$5.79
Peri Peri Chicken	$5.79
Lemon Butter Cod	$7.79
Cajun Turkey Pasta	$6.49

Specialty Sides

Jollof Rice	$2.99
Squash/Zucchini mix	$2.99

Stuffed Spuds

Plain Baked Spud $5.99
whipped butter only

Loaded Baked Spud $7.99
whipped butter, sour cream, cheese, bacon bits & green onions

BBQ Spud $8.49
whipped butter, sour cream, brisket, bbq sauce & green onions

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11 am - 8 pm

Daily Menu Selections

Vegetable of the Day	$2.69
Green Beans	$2.69
Corn	$2.69
Mac & Cheese	$3.49
Mashed Potatoes	$2.69
w/ Cream or Brown Gravy	
Roasted Red Potatoes	$2.69
Dinner Roll	$0.79
Fountain Drink	$2.49

SUNDAY

Pot Roast w/ brown gravy	$7.39
Chicken Pot Pie	$7.29
Chicken Fried Steak	$7.29

Specialty Side

Roasted Carrots	$2.99

Stuffed Spuds

Plain Baked Spud $5.99
whipped butter only

Loaded Baked Spud $7.99
whipped butter, sour cream, cheese, bacon bits & green onions

BBQ Spud $8.49
whipped butter, sour cream, brisket, bbq sauce & green onions

chopstix

1 Entree Plate $8.49
2 Entree Plate $11.99

Plates include a side item (rice or noodles) & a vegetable (grilled peppers & onions or Asian slaw)

Teriyaki Beef & Broccoli
Orange Chicken
General Tso's Chicken
Teriyaki Vegan Strips (V) ($0.50+)

EXTRAS

Grilled Peppers & Onions	$1.09

SIDES

Chinese Fried Rice	$2.49
Steamed Rice	$1.99
Sesame Noodles (V)	$2.99
Pork Spring Roll	
Chicken Potsticker (3)	

ALLERGY ALERT: Sesame seeds and sesame oil used in this location.

Fountain Drink	$2.49
Rice Krispie Treat	$2.29

Burgers

		w/ Cheese
Hamburger	$5.79	$6.29
Double Hamburger	$7.79	$8.29
Turkey Burger	$6.49	$6.99
Black Bean Burger (V)	$6.49	$6.99

Specialty Sandwiches

Fried Chicken Sandwich*	$6.39
Grilled Chicken Sandwich* (V)	$6.39
Grilled Cheese (V)	$2.59
Grilled Ham & Cheese	$4.09

Cheese options: American, Pepperjack, Swiss or Provolone
**Lettuce, tomato, onions & pickles available upon request.*
Gluten Free bread options available. (V)

Sides & Extras

French Fries	$2.79
Extra Cheese	$0.69
Add Bacon	$0.69
Add Jalapenos	$0.59
Fountain Drink	$2.49
Rice Krispie Treat	$2.49

Smart Choices

Grilled Salmon (V)	$5.99
Grilled Chicken (V)	$4.99
Brown Rice & Quinoa	$2.99

Combo

add fries & 24 oz drink
$3.99

Add Ranch Dressing to your order for 89¢!

red&black
GRILL

BREWED COFFEE FLAVORS

Raider Awake (Reg), Hazelnut, Southern Pecan & Snickerco

Small $2.29 | Large $2.69

COLD BREW COFFEE

16 oz	$2.69
22 oz	$3.99

DAYBREAK
Day Break™ coffee is a Rockford Roasters™ coffee.

SPECIALTY DRINKS*

	REGULAR	LARGE
Cappuccino	$3.49	$4.19
Cafe Latte	$3.79	$4.29
Cafe Mocha	$4.29	$4.69
Hot Chocolate	$2.79	$3.19

EXTRAS

Hazelnut syrup	$0.39
Vanilla syrup	$0.39
Caramel syrup	$0.39
Chocolate syrup	$0.99
Whipped Topping	$0.69
Espresso Shot	$2.49
Espresso Double Shot	$3.23

BAKED TREATS

Muffins	$2.29
Cinnamon Roll	$3.89
Cookie Sm	$1.79
Cookie Lg	$2.09
Bagel	$1.39

Flavs: Blueberry, Cinnamon Raisin, Cream Cheese $0.79
Flavs: Rosemary

**Coconut milk, almond milk or apple juice substitutions are available upon request.*

Serving half-price on ice cream cones every day from 3-5 pm

smoothies

Monday - Friday 7 am - 5 pm
Saturday/Sunday 11 am - 5 pm

Strawberry Banana (strawberries, banana & vanilla yogurt mix)	$6.39
Very Raspberry (raspberries & vanilla yogurt mix)	$6.39
Vincent Mango (mango & vanilla yogurt mix)	$6.39
Pina Colada (vanilla yogurt mix, pineapple, banana & pina colada syrup)	$6.39
Raspberry & Peaches (raspberry, peaches & vanilla yogurt mix)	$6.39
Raspberry Banana (raspberry, bananas & vanilla yogurt mix)	$6.39
If Looks Could Rain (super juice, kale, banana, strawberries & vanilla yogurt mix)	$6.39
O Peach Please! (apple juice, peaches, bananas & vanilla yogurt mix)	$6.39
Mango Unchained (mango, peaches & vanilla yogurt mix)	$6.39
The Big Green (apple juice, strawberry or tea, spinach, kale, mango, peaches & banana)	$6.39
White Chocolate Mocha (espresso, white chocolate & vanilla yogurt mix)	$6.49
Dark Chocolate Mocha (espresso, dark chocolate & vanilla yogurt mix)	$6.49

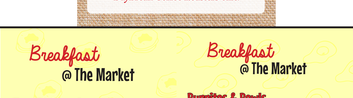
ADD-INS

White Chocolate or Mocha	$2.39
Espresso Shot	$2.39
Espresso Double Shot	$4.79

SCOOP OF SUPPLEMENTS*

Whey Protein scoop	$2.29
Energy scoop	$2.29
Trim & Fit scoop	$2.29
Immune Scoop	$2.29
Green Tea Matcha	$2.29

**Fits into 16oz and 22oz smoothies. Please ask your barista for allowance suggestions by manufacturer.*



oatmeal & yogurt

Oatmeal Bowl
$6.79

Greek Yogurt Bowl
$5.29

Choose your Toppings:
strawberries • bananas
blueberries • granola • honey
brown sugar • cinnamon

Fountain Drink	$2.49
Rice Krispie Treat	$2.49

Coffee available at the DayBreak Coffee Roasters cafe.

Breakfast @ The Market

Traditional

Pancakes (2)	$3.29
French Toast (2)	$3.29
Scrambled Eggs	$2.69
Scrambled Eggs w/ Cheese	$3.29
Fried Eggs (2)	$2.89
Bacon (3)	$2.69
Sausage Patties (2)	$2.69
Hash Brown	$1.79
Fountain Drink	$2.49
Rice Krispie Treat	$2.49

Egg Whites may be substituted for eggs.

Breakfast @ The Market

Burritos & Bowls

Bacon Burrito	$4.69
Sausage Burrito	$4.69
Chorizo Burrito	$4.69
Brisket Burrito	$4.69
Potato, Egg & Cheese Burrito (V)	$4.59
Bacon Bowl	$5.99
Sausage Bowl	$5.99
Chorizo Bowl	$5.99
Brisket Bowl	$5.99
Potato, Egg & Cheese Bowl (V)	$5.49

All Burritos & Bowls come with egg, potato & cheese.
Salsa Roja & Salsa Verde available.

Sandwiches

Sausage or Bacon Biscuit	$2.79
Sausage, Egg & Cheese Biscuit	$3.59
Bacon, Egg & Cheese Biscuit	$3.59
Sausage, Egg & Cheese Croissant	$4.89
Bacon, Egg & Cheese Croissant	$4.89
Sausage, Egg & Cheese English Muffin	$4.89
Bacon, Egg & Cheese English Muffin	$4.89
Hash Brown	$1.59
Fountain Drink	$2.49
Rice Krispie Treat	$2.29

Gluten Free bread available. (+1) (V)
Egg Whites may be substituted for eggs.

subs & wraps

Build Your Own
6" Sub or Wrap!
$8.49

Bread Options:
White roll
Croissant
Spinach tortilla
Tomato Basil tortilla
Wheat tortilla
Gluten free bread (+$1) (V)

Meat Options:
Turkey
Ham
Club (turkey & ham)
Breaded chicken
Italian meat trio (pepperoni, salami, ham)

Cheese Options:
Swiss
Provolone
American
Pepperjack

Veggie Options:
Lettuce
Tomato
Onion
Pickles
Olives

Dressing Options:
Avocado Ranch
Ranch
Mayo
Mustard
Chipotle mayo
Honey mustard
Oil & Vinegar

Extras:

Bacon	$2.69
Avocado spread	$1.99
Cheese	$0.50
Double meat	$3.49
Rice Krispie Treat	$2.49
Fountain Drink	$2.49

Quesadillas

Quesadilla includes tortilla, meat, cheese & your choice of jalapeño cream sauce or avocado lime ranch

CHEESE QUESADILLA (V)	$4.79
BEAN & CHEESE QUESADILLA (V)	$5.29
CHICKEN QUESADILLA	$6.09
GROUND BEEF QUESADILLA	$6.09
STEAK QUESADILLA	$6.79

Burritos

Burrito includes tortilla, meat, beans, rice, cheese, lettuce & tomato. Choice of jalapeño cream sauce or avocado lime ranch

BEAN BURRITO (V)	$4.79
BEAN & CHEESE BURRITO (V)	$5.29
CHICKEN BURRITO	$6.29
GROUND BEEF BURRITO	$6.29
STEAK BURRITO	$6.79
MEATLESS VEGAN BURRITO (V)	$5.79

Taco Bowls

Bowl Includes: meat, beans, rice, cheese, veggies & your choice of jalapeño cream sauce or available lime ranch

BEAN BOWL (V)	$4.79
BEAN & CHEESE TACO BOWL (V)	$5.29
CHICKEN TACO BOWL	$6.79
GROUND BEEF TACO BOWL	$6.79
STEAK TACO BOWL	$6.79
MEATLESS VEGAN TACO BOWL (V)	$6.29
MEATLESS CHUNKLE TACO BOWL (V)	$6.29

TECH mex
QUESADILLAS, BURRITOS & BOWLS

Side Items

SPANISH RICE	$2.69
REFRIED BEANS	$2.69
BLACK BEANS	$2.69
SALSA	$0.59
SALSA VERDE	$0.59
SOUR CREAM	$0.59
GUACAMOLE	$1.89

For additional information, please visit www.techmex.com

toss'd

Create Your Own Salad
$7.89

greens:
Romaine Lettuce
Spinach
Romaine/Spinach Mix

veggies:
Cherry tomatoes
Red onions
Black olives
Carrots
Cucumbers
Bell Peppers
Sunflower Seeds
Croutons
Black beans

cheese:
Parmesan
Monterey Mix
**your choice of 1 cheese*

dressing:
Ranch
Caesar
Avocado Ranch
**your choice of 1 dressing*
Italian
Oil & Vinegar

Add-ins:

Breaded or grilled chicken	$2.99
Bacon	$2.69
Cheese	$0.79
Hard boiled egg	$0.99
Extra dressing	$0.79
Fountain Drink/Iced Tea	$2.49

Wing It!

Dino Nuggets	8/$4.49	12/$5.49
	20/$7.99	
Boneless Wings	6/$6.39	12/$10.09
Chicken Strips	3/$5.99	4/$7.49
Gluten Free Chicken Strips*	3/$7.49	4/$8.99

**Gluten free strips cooked to order.*

Extra Wing Sauces +$0.79

Buffalo sauce
Honey BBQ
Garlic Parmesan
Spicy Honey

Dipping Sauces

Ranch dressing	$0.79
Extra sauce	$0.79

Sides & Good Stuff

Waffle Fries	$2.59
Tater Tots	$2.59
Fountain Drink	$2.49
Rice Krispie Treat	$2.29

For nutritional information, please visit www.chicken-wings.com