

MENU ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
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**FEATURED - LUNCH/DINNER**

SALMON ALT	1 EA	550	24	4	55	717	10	33					
SHITTAKE & BEET BURGER	1 EA	560	26	3	72	1019	11	18		X			
THE BEYOND BURGER	1 EA	560	25	10	55	1000	5	30		X	X	X	
CHICKEN AVO CLUB	1 EA	640	30	10	50	1045	5	40					
THE LANCO CLASSIC	1 EA	900	50	20	50	1405	2	55					
PORTOBELLO BURGER	1 EA	720	37	15	53	990	3	42					
POTATO WEDGE	1/2 CUP	250	2	0	50	340	4	5		X			
HERB GRILLED VEGETABLES	1/2 CUP	40	2	0	6	44	1	1	X	X	X	X	X
KETTLE CHIPS	1 BAG	270	23	2	13	452	4	1					

**MILKSHAKE**

STRAWBERRY	12 OZ	1070	45	28	154	291	3	18		X	X		
VANILLA NO SUGAR ADDED	12 OZ	790	41	24	95	433	0	21		X	X		
VANILLA	12 OZ	1080	53	33	132	359	2	19		X	X		
CHOCOLATE NO SUGAR ADDED	12 OZ	550	16	10	110	428	19	26		X	X		
CHOCOLATE	12 OZ	1130	53	33	156	366	5	20		X	X		
S'MORES	12 OZ	1080	49	28	153	412	0	20		X	X		

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**BREAKFAST**

1 EGG	1 EA	70	5	2	0	70	0	5		X	X	X	X
3 EGG OMELET - PLAIN	1 EA	220	15	5	1	210	0	20		X	X	X	X
BIG DADDY SANDWICH	1 EA	680	40	20	55	1510	3	60					
PARM GARLIC HOME FRIES	1/2 CUP	90	3	1	10	70	1	2		X	X		X
BREAKFAST FARM BOWL	1 EA	300	10	5	40	655	3	10		X			
SWEET CORN PANCAKES	2 EA	440	5	3	85	1145	3	10		X			
BRIOCHE	1 EA	220	5	1	35	265	0	7		X			
CROISSANT	1 EA	200	9	6	25	200	0	4		X			
UDI GLUTEN FREE ROLL	1 EA	240	7	1	45	440	5	5	X	X	X	X	
ENGLISH MUFFIN	1 EA	120	1	0	25	200	0	4	X	X		X	X
WHITE TOAST	2 SLICE	165	2	0	30	300	2	3	X	X			
WHEAT TOAST	2 SLICE	125	1	0	40	230	3	5	X	X			
MIXED FRESH FRUIT	1/2 CUP	50	2	2	15	5	2	1	X	X			