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Light Options

Ancient Grains Medley Bowl

Grilled Chicken with quinoa, barley, brown rice, kale, cherry tomatoes, asparagus and basil lemon vinaigrette
Calories: 280
Carbs: 13

Earl Sandwich - Half

Roast beef with provolone, lettuce, tomatoes, mayo and dijon mustard on wheat bread
Calories: 290
Carbs: 27

Red, White & Blue Side Salad

Fresh fruit and sliced chicken with feta cheese, pecans and spinach and Fuji apple cider vinaigrette
Calories: 280
Carbs: 22

Moderate Options

Turkey Sandwich

Gluten free multigrain bread with turkey, lettuce, tomatoes and honey mustard
Calories: 380
Carbs: 48

Tomato Basil Bisque with Multigrain Bread

Tomato basil bisque soup (cup) with gluten free multigrain bread
Calories: 400
Carbs: 59

Turkey Basil Sandwich

Rustic Wheat bread with turkey, tomatoes and pesto dressing
Calories: 455
Carbs: 52

Complete Options

Greek Salad

Romaine lettuce with olives, feta cheese, red peppers, artichokes, cucumbers and vinaigrette dressing
Calories: 480
Carbs: 19

Blue Bird Sandwich (Full)

Chicken salad with a spring mix on parmesan bread
Calories: 500
Carbs: 50

Tejas Blue Sandwich (Full)

Turkey with avocado, hot sauce, lettuce, tomatoes, red onions on sourdough bread
Calories: 490
Carbs: 57



Light Options

Chicken Bowl

Grilled chicken, spinach, tzatziki, lettuce, tomato + cucumber, pickled onions, fire-roasted corn
Calories: 375
Carbs: 20 g

Falafel Bowl

Falafel, spinach, red pepper hummus
Calories: 390
Carbs: 31 g

Lamb G+G Bowl

Braised lamb, arugula, brown rice, tzatziki,
Calories: 410
Carbs: 29 g

Moderate Options

Chicken Bowl

Above bowl + avocado, and hummus
Calories: 580
Carbs: 33 g

Falafel Bowl

Above bowl + persian cucumber, kalamata olives, tomato + onion, lemon-herb tahini
Calories: 545
Carbs: 40 g

Lamb G+G Bowl

Above bowl + roasted eggplant, corn, tomato + cucumber, pickled onions, olives
Calories: 585
Carbs: 45 g

Complete Options

Chicken Bowl

Above bowl + side pita
Calories: 660
Carbs: 46 g

Falafel Bowl

Above bowl + side pita
Calories: 625
Carbs: 53 g

Lamb G+G Bowl

Above bowl + side pita
Calories: 665
Carbs: 58 g



Light Options

House Salad

House Salad with balsamic vinaigrette and grilled shrimp
Calories: 330
Carbs: 18 g

Steak

6oz top sirloin steak with carrots
Calories: 365
Carbs: 10 g

Grilled Chicken

Kids grilled chicken with side of steamed broccoli
Calories: 380
Carbs: 27 g

Moderate Options

Lemon Pepper Chicken

Entree with seasoned rice
Calories: 520
Carbs: 35 g

Steak

Above steak + broccoli and green beans
Calories: 525
Carbs: 24 g

Grilled Salmon

8oz grilled salmon with seasoned rice
Calories: 590
Carbs: 33 g

Complete Options

Lemon Pepper Chicken

Above meal + broccoli and green beans
Calories: 680
Carbs: 49 g

Steak

Above meal + coleslaw
Calories: 695
Carbs: 38 g

Grilled Salmon

Above meal + broccoli and green beans
Calories: 750
Carbs: 47 g



Light Options

Steak Bowl

Steak, brown rice, fajita
veggies, tomatillo green
chili sauce and lettuce
Calories: 400
Carbs: 47 g

Chicken Bowl

Chicken, brown rice, fajita
veggies, tomatillo green
chili sauce and lettuce
Calories: 430
Carbs: 46 g

Chicken Tacos (3)

Chicken, corn tortilla,
fajita veggies, tomatillo
green chili sauce and
lettuce
Calories: 420
Carbs: 39 g

Moderate Options

Steak Bowl

Above bowl + black beans
Calories: 530
Carbs: 69 g

Chicken Bowl

Above bowl + black beans
Calories: 560
Carbs: 68 g

Chicken Tacos (3)

Above tacos + black beans
Calories: 550
Carbs: 61 g

Complete Options

Steak Bowl

Above bowl + guacamole
Calories: 760
Carbs: 77 g

Chicken Bowl

Above bowl + guacamole
Calories: 775
Carbs: 77 g

Chicken Tacos (3)

Above tacos + guacamole
Calories: 780
Carbs: 69 g



Freebirds

WORLD BURRITO



Light Options

Freebirds Chicken Bowl

Chicken, cauliflower rice, tomatillo dressing, sautéed onions and peppers
Calories: 385
Carbs: 12

Chicken Fajita Bowl

Chicken fajita, cauliflower rice, and sautéed onions and peppers
Calories: 355
Carbs: 13

Freebirds Chicken Tacos (2)

Two corn tortillas with chicken, veggies, avocado, and habanero salsa
Calories: 300
Carbs: 36

Moderate Options

Freebirds Chicken Bowl

Above bowl + lettuce, pico, pinto beans
Calories: 480
Carbs: 30

Chicken Fajita Bowl

Above bowl + lettuce, pico, pinto beans
Calories: 460
Carbs: 32

Freebirds Chicken Tacos (2)

Two corn tortillas with chicken, veggies, avocado, and tomatillo dressing, and black beans
Calories: 420
Carbs: 46

Complete Options

Freebirds Chicken Bowl

Above bowl + guacamole and diced jalapeños
Calories: 525
Carbs: 33

Chicken Fajita Bowl

Above bowl + guacamole and grilled corn salsa
Calories: 495
Carbs: 38

Freebirds Chicken Tacos (2)

Two corn tortillas with chicken, veggies, avocado, and tomatillo dressing, black beans, spanish rice, corn salsa
Calories: 530
Carbs: 66



Light Options

Wild Salmon-wich - Half

Salmon marinated in balsamic vinaigrette, guacamole, tomatoes, chipotle aioli, herb focaccia and lettuce
Calories: 270
Carbs: 24

The Papa Joe - Half

Turkey with asiago, roasted tomatoes, basil pesto, mayo on a herb focaccia bread
Calories: 290
Carbs: 25

Spinach Veggie Wrap - Half

Mushrooms, spinach, guacamole, pico de Gallo, in a toasted wheat wrap with side salsa
Calories: 220
Carbs: 26

Moderate Options

Nutty Mixed-Up Salad

Grilled chicken breast with grapes, feta, nuts, dried cranberries, raisins, pumpkin seeds, strawberries with balsamic vinaigrette
Calories: 400
Carbs: 38

Chicken Panini - Half

Chicken breast with provolone, basil pesto, Roma tomatoes and spinach in a olive oil-basted french bread
Calories: 390
Carbs: 24

Shelly's Deli Chick with Cup of Fruit

Chicken salad with almonds, pineapple, lettuce, tomatoes on wheat bread with a cup of fresh fruit
Calories: 350
Carbs: 47

Complete Options

Chicken Caesar Salad

Grilled chicken with asiago, croutons and creamy caesar dressing
Calories: 510
Carbs: 27

The Big Chef Salad

Ham and turkey with asiago, cheddar cheese, tomatoes, olives, hard-boiled eggs with ranch dressing
Calories: 530
Carbs: 11

Amy's Turkey-O w/ Corn and Black Bean Salad

Roasted turkey, avocado, pepper jack, tomatoes, stoneground mustard on an everything bun and corn / black bean salad
Calories: 450
Carbs: 55



Light Options

Soup & Salad

Cup Chicken tortilla soup, half grilled chicken salad without cheddar cheese, 1/2 serving FF Raspberry Pecan dressing
Calories: 435
Carbs: 35 g

Pick 2

Garden salad with harvest chicken salad
Calories: 400
Carbs: 17 g

Chef Salad

Half salad with olive oil & balsamic vinaigrette
Calories: 390
Carbs: 16 g

Moderate Options

Soup & Salad

Above salad & soup + 1 full serving FF Rasp pecan dressing + fruit
Calories: 520
Carbs: 55 g

Pick 2

Above combo + veggie chili
Calories: 580
Carbs: 50 g

Chef Salad

Above salad + cup chicken tortilla soup
Calories: 590
Carbs: 41 g

Complete Options

Soup & Salad

1 C Chicken tortilla soup, full grilled chicken salad without cheese, 1 serving FF Raspberry Pecan dressing
Calories: 710
Carbs: 65 g

Pick 2

Garden fresh salad and southwest chicken and avocado
Calories: 640
Carbs: 58 g

Chef Salad

Full chef salad with olive oil & balsamic vinaigrette + cup chicken tortilla soup
Calories: 630
Carbs: 28 g



Light Options

Minestrone soup

Side of grilled chicken,
side of broccoli,
minestrone soup
Calories: 390
Carbs: 26 g

Soup and Salad

House salad, minestrone
soup, breadstick
Calories: 400
Carbs: 55 g

Lunch Spaghetti

Spaghetti with meat sauce,
lunch portion
Calories: 360
Carbs: 51 g

Moderate Options

Lasagna

Lunch sized lasagna
classico
Calories: 500
Carbs: 33 g

Shrimp Scampi

Calories: 490
Carbs: 52 g

Kids Ravioli

Paired with a house salad
Calories: 490
Carbs: 46 g

Complete Options

Grilled Chicken Margherita

Calories: 650
Carbs: 27 g

Shrimp Scampi

With a house salad
Calories: 640
Carbs: 65 g

Lunch Spaghetti

Spaghetti with meat
sauce, lunch portion,
house salad, breadstick
Calories: 650
Carbs: 89 g



Light Options

House Salad with Kids Grilled Chicken

Fresh greens, cheddar cheese, tomatoes, onions and croutons with grilled chicken
Calories: 272
Carbs: 11

Bowl of Broccoli Soup and Grilled Chicken

Broccoli soup with grilled chicken
Calories: 320
Carbs: 21

Kids Grilled Chicken with Fresh Mixed Veggies

Grilled chicken with squash, zucchini, and carrots
Calories: 240
Carbs: 13

Moderate Options

Seared Peppered Ahi

Seared rare with garlic pepper seasoning with creamy ginger soy sauce
Calories: 440
Carbs: 30

6 oz. Sirloin with Fresh Mixed Veggies

Lean sirloin with squash, zucchini and carrots
Calories: 440
Carbs: 13

Tasmanian Chili (cup) with House Side Salad

Spicy steak chili with fresh greens, cheddar cheese, tomatoes, onions and croutons (NO dressing)
Calories: 380
Carbs: 23

Complete Options

Aussie Cobb with Grilled Chicken

Fresh green, hard-boiled eggs, tomatoes, bacon, cheddar cheese, croutons and grilled chicken strips
Calories: 680
Carbs: 29

Lobster Tails with Mashed Potatoes

Two steamed lobster tails with homestyle mashed potatoes
Calories: 720
Carbs: 28

Lobster Tails with Green Beans

A steamed lobster tail with green beans
Calories: 590
Carbs: 9

Light Options

Bountiful Buddha Bowl

Roasted cauliflower, red onion, mushrooms, black rice, kale and topped with goatcheese and avocado
Calories: 350
Carbs: 27

Two Scrambled Eggs with Fruit

Two scrambled eggs with a cup of fresh fruit on the side
Calories: 280
Carbs: 22

Sourdough Toast with Ham

A slice of sourdough toast with tender belly ham
Calories: 310
Carbs: 33

Moderate Options

Sweet Potato Veggie Smash Up

Two smashed sweet potatoes with red onion, asparagus and mushroom salad, topped with avocado and egg
Calories: 430
Carbs: 54

Protein & Veggie Egg White Scramble

Egg whites scrambled with asparagus, mushrooms, bell pepper and spinach, topped with avocado and chicken sausage patty
Calories: 420
Carbs: 12

One Scrambled Egg with Toast and Ham

One egg scrambled with a slice of sourdough toast and tender belly ham
Calories: 410
Carbs: 34

Complete Options

Three Egg Omelet/Scramble

Three eggs with choice of enhancements with hashbrowns and a slice of toast
Calories: 520
Carbs: 51

Two Scrambled eggs with Hashbrowns and Fruit

Two scrambled eggs with hashbrowns and a cup of fresh food
Calories: 520
Carbs: 55

Two Scrambled Eggs with Toast and Chorizo

Two scrambled eggs with a slice of sourdough toast and a polidori chorizo patty
Calories: 590
Carbs: 31



Light Options

Grilled Shrimp without Butter Sauce

Seasoned shrimp served on toasted fresh-baked bread

Calories: 270
Carbs: 29

House Salad with Low Fat Ranch

Fresh greens, tomatoes, eggs and croutons (NO cheese)

Calories: 280
Carbs: 12

Texas Red Chili with Beans (1 cup)

Made from scratch recipe, topped with cheddar cheese and onions

Calories: 210
Carbs: 14

Moderate Options

Grilled Chicken Caesar Salad (NO dressing)

Grilled chicken with hearts of romaine, parmesan cheese, and croutons

Calories: 380
Carbs: 12

8 oz. Sirloin with Green Beans

Hand-Cut lean sirloin with green beans with bacon bits

Calories: 440
Carbs: 17

Herb Crusted Chicken with Steamed Vegetables

Marinated chicken breast with steamed broccoli and carrots

Calories: 450
Carbs: 25

Complete Options

Smothered Chicken with Steamed Vegetables

Grilled, marinated chicken breast with sautéed onions, sautéed mushrooms. (NO cheese) with steamed broccoli and carrots

Calories: 520
Carbs: 21

Grilled Salmon (5 oz.) with Green Beans

Grilled Salmon filet with lemon pepper butter and green beans with bacon bits

Calories: 510
Carbs: 15

Grilled BBQ Chicken

Marinated chicken breast and a house salad with cheddar cheese, tomato, eggs and croutons (NO dressing)

Calories: 530
Carbs: 27