



Located in the Main Lobby / Dine In or Take Out  
 Open daily 6:30 AM – 8:00 PM • 732.745.8600, ext. 8816  
 Grab-and-Go Dinner selection is available from 4:00 p.m. to 8:00 p.m.

Starters

- Soup du Jour** Cup: .....\$3.30 Bowl: .....\$4.76  
 Freshly made soup of the day served with a house baked roll.
- Chicken Tenders** (5) .....\$7.56
- Chicken Wings** (mild, hot or teriyaki sauce) .....\$7.56
- Cheese Quesadilla** (onion, tomato) .....\$6.44
- Chicken and Cheese Quesadilla** (onion, tomato).....\$8.96

- Mozzarella Styx** .....\$7.56  
 Lightly breaded mozzarella cheese served with a marinara dipping sauce
- Penne a la Vodka** .....\$7.28  
 Small portion of pasta in a delicate tomato and cream sauce with garden peas. Add chicken .....\$4.76
- Hummus with Pita** .....\$8.50
- Hummus with Vegetables** .....\$8.50  
 Cucumbers, carrots and red peppers

Salads

- All of our salad dressings are prepared on premise. Dressings: Blue cheese, Thousand Island, Ranch, olive oil, balsamic or red wine vinegar, balsamic vinaigrette. **Extra side of dressing, add - \$0.59. Add chicken to any salad - \$4.76**
- House** – Romaine lettuce, cucumber, carrots, black olives, tomato, red onions
  - Classic Chicken Caesar** – Romaine lettuce, grated parmesan cheese, chicken, croutons, Caesar dressing .....\$9.52
  - Apple Walnut** – Romaine lettuce, tomatoes, goat cheese, apples, walnuts, grilled chicken
  - Cranberry Almond Salad** – Spring mix, goat cheese, red onions, grilled chicken, almonds, cranberries
  - International** – Mixed greens, grilled chicken, Portobello mushroom, mozzarella cheese, roasted peppers, balsamic vinaigrette

All sandwiches/paninis/wraps served with a pickle. Coleslaw served upon request. Choice of white, rye or whole wheat bread, roll.  
**Add French fries - \$3.36 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.64**

Sandwiches

- Ham, Turkey, Tuna or Chicken Sandwich** – Lettuce and tomato
- Tuna Melt** – Swiss cheese
- Patty Melt** – Hamburger, Swiss cheese, fried onions

- Grilled or Crispy Chicken** – Lettuce, tomato, onion .....\$8.96
- BLT** – Bacon, lettuce, tomato, mayo
- Add cheese - \$0.59; add bacon - \$1.12**

Paninis

- Turkey** – Provolone, red onion, lettuce, tomato, honey mustard
- Italian** – Grilled chicken, roasted peppers, fresh mozzarella, balsamic vinaigrette dressing

- Portabella Mushroom** – Spring mix, fresh mozzarella, tomato, roasted red peppers drizzled with a pesto mayo .....\$8.96

Wraps

- Crispy Chicken** – Swiss, lettuce, tomato, onion, Ranch dressing.
- Tuna** – Swiss, lettuce, tomato, onions.
- Samosa** – Vegetable samosa, provolone cheese, lettuce, onions, tomato, with lemon juice, hot sauce, chipotle mayo and cilantro

- Caesar Chicken** – Romaine lettuce, grated parmesan, Caesar dressing. ....\$8.96
- Balsamic Wrap** – Grilled chicken, peppers, mozzarella, basil and vinaigrette

Fire Up The Grill

- Beef Hot Dog** .....\$3.92  
 Plain or with onions
- Bacon, Egg and Cheese or Ham, Egg and cheese** .....\$4.51
- Add bacon - \$1.12; add cheese - \$0.59**

- Grilled Cheese** .....\$3.92
- With tomato and bacon.....\$5.04
- With grilled Virginia baked ham .....\$5.32
- Burger** .....\$6.44  
 Choice of beef or black bean. With lettuce, tomato, onions (raw or sautéed)

Entrées \$11.76

- Spicy Grilled Chicken Chipotle** - with brown rice and sautéed seasonal vegetables
- Pan-Fried Chicken Breast** - topped with chopped mixed greens, tomato, roasted peppers, mozzarella cheese and balsamic vinaigrette
- Chicken Francaise** - egg-dipped chicken breast in a white wine, lemon butter sauce with penne pasta
- Vegetable Stir Fry** - market fresh vegetables stir-fried in sesame oil with ginger, garlic and soy sauce served with brown rice.  
 Add grilled chicken .....\$4.76

- Penne a la Vodka** - pencil point pasta in a delicate tomato and cream sauce with garden peas. Add grilled chicken.....\$4.76
- Rigatoni Pasta** - with pesto sauce
- Cheese Ravioli** - with marinara sauce
- Chicken Parmesan** - boneless breast of chicken parmesan, marinara with penne pasta
- Grilled Salmon** - with sautéed vegetables in a rosemary and white wine sauce.....\$13.44

Sides

- Fresh baked roll**.....\$0.59
- Potato chips** .....\$1.40
- French fries** .....\$3.36

- Sweet potato fries or seasoned French fries (Old Bay)** .....\$3.64
- Coleslaw, brown rice, sautéed seasonal vegetables**.....\$3.92
- Grilled chicken** .....\$4.76

Beverages

- Bottled Water**.....\$1.00
- Fountain Drinks**.....\$2.52  
 Coke, diet Coke, Sprite, lemonade, iced tea (sweetened/unsweetened), ginger ale, seltzer, orange, apple, cranberry, kiwi-strawberry, and flavored water
- Milkshakes** (vanilla, chocolate).....\$4.76
- Gatorade**.....\$3.29

- Hot Chocolate**.....\$3.64
- Hot Tea** (regular or decaf).....\$0.80
- Starbucks Coffee**(regular or decaf) Small \$2.63 / Large \$2.97
- Starbucks Iced Coffee** .....\$2.97
- Coffee** (Cappuccino, Latte, Mocha).....\$3.64
- Espresso** ..... Single \$2.24 / Double \$3.64

Desserts

- Vanilla/chocolate ice cream** (per scoop), chocolate pudding, or Jell-O .....\$2.52

- Pastries**.....\$2.80
- Cookies** .....\$0.75 each
- Cake**.....\$3.64

Healthy Options

- Asian Sesame Chicken Salad** .....\$9.52  
 Green and red cabbage, Romaine lettuce, carrots, edamame beans, sesame seeds, grilled chicken, sliced almonds, tangerines with a toasted sesame dressing
- Hearts of Palm Salad** .....\$9.52  
 Spring greens, red onion, cherry tomato, black olive, hearts of palm, pepperoncini pepper and Feta cheese vinaigrette

- Beef Burger or Black Bean Burger or side of Grilled Chicken (choice of steamed vegetables or a garden salad)**.....\$10.64  
 Romaine lettuce, carrots, tomato, cucumber (No substitute)
- Grilled Salmon Salad**.....\$13.44  
 Spring mix, apples, pecans, cranberries, goat cheese with apple cider vinaigrette dressing
- Grilled Salmon with Steamed Vegetables** .....\$13.44

**Add a garden salad to any entrée or sandwich - \$4.48. No substitutions.**