

LUNCH & SUPPER

Available Monday – Friday 11:00 am – 6:30 pm
Saturday & Sunday 11:00 am – 3:00 pm

Limited Offerings Available
Closed on Holidays



**WESTERN
WISCONSIN**
HEALTH

Create Your Own Salad

Salad Bar

Indulge in our salad bar featuring fresh seasonal greens, fruit, vegetables, homemade dressings and more! A satisfying meal all on its own.

Eatery Specials

Additional fillings, toppings and condiments 25¢ each

Daily Special

Main entree, daily vegetable and daily starch.

Available 11:00 am - 1:00 pm, Monday - Friday. Limited availability and subject to change.

Stir Fry

Cooked to order using rice noodles or basmati rice, garlic if desired plus up to three fillings and finished with low sodium, gluten free stir fry sauce.

Based on 1/2 cup rice with broccoli, bell peppers, mushrooms, and sauce) Calories 180 Fat 0.5g Sat Fat 0g Sodium 290g Carbohydrates 40g Fiber 2g Sugar 6g Added Sugar 0g Protein 5g **Allergens: soy**

Mix-Ins

Subject to availability

Broccoli	Minced Garlic	Shredded Carrots
Chicken	Onions	Bell Peppers
Bean Sprouts	Mushrooms	Celery
Edamame	Bean Sprouts	Water Chestnuts

Chicken Quesadilla

Mozzarella, chicken, sautéed bell peppers and onion on a heart healthy tortilla. Served with sour cream and salsa.

Calories 300 Fat 7g Sat Fat 1.5g Sodium 660g Carbohydrates 34g Fiber 1g Sugar 4g Protein 24g Allergens: milk, wheat, soy

Vegetable Quesadilla

Smoked Gouda cheese substitute, tomatoes, mushrooms and onion on a heart healthy tortilla. Served with salsa.

Calories 370 Fat 17g Sat Fat 8g Sodium 620g Carbohydrates 45g Fiber 0g Sugar 3g Protein 7g Allergens: wheat, soy

Caprese Turkey Burger

All-natural ground turkey made with whole grain brown rice & vegetables. Crave-able flavor served on a fresh toasted roll topped with basil mayonnaise, provolone and sliced Roma tomato.

Calories 570 Fat 25g Sat Fat 8g Sodium 590g Carbohydrates 57g Fiber 0g Sugar 5g Protein 30g Allergens: wheat, egg, milk. May contain egg and tree nuts

Cubano

Low sodium sliced ham, juicy Cuban Mojo pork roast, mustard, Swiss cheese, and dill pickles on a toasted hoagie roll.

Calories 460 Fat 23g Sat Fat 8g Sodium 890g Carbohydrates 32g Fiber 0g Sugar 0g Protein 31g Allergens: milk, wheat. Contains Pork

Beef Pot Roast

Tender shredded beef pot roast with melted cheddar, tomatoes, horseradish-mayonnaise, and red onions on a toasted hoagie roll.

Calories 430 Fat 22g Sat Fat 8g Sodium 580g Carbohydrates 33g Fiber 0g Sugar 3g Protein 23g Allergens: soy, wheat, egg, milk

Turkey Bacon Avocado

Low sodium turkey breast & bacon, provolone cheese, tomatoes, red onion and avocado with mayo mustard sauce on organic multi-grain bread.

Calories 360 Fat 29g Sat Fat 7g Sodium 810g Carbohydrates 57g Fiber 7g Sugar 10g Protein 30g Allergens: egg, milk, wheat. Contains Pork

Grilled Cheese

Cheddar cheese on toasted white bread.

Calories 310 Fat 18g Sat Fat 8g Sodium 520g Carbohydrates 24g Fiber 0g Sugar 5g Protein 15g Allergens: milk, wheat

Grilled Chicken Sandwiches

Gluten Free buns available, add \$1.00
Additional toppings & condiments 25¢ each

Marinated Chicken

Marinated 4oz chicken breast on a toasted roll. Lettuce, tomato, onion, and house-made dill mustard mayonnaise served on the side.

Calories 510 Fat 20g Sat Fat 3g Sodium 300g Carbohydrates 50g Fiber 0g Sugar 0g Protein 33g Allergens: egg, milk, wheat

Pesto

Marinated 4oz chicken breast on a toasted roll with pesto, provolone & Roma tomatoes.

Calories 630 Fat 31g Sat Fat 7g Sodium 490g Carbohydrates 48g Fiber 0g Sugar 0g Protein 42g Allergens: wheat, milk, tree nuts

Cranberry Brie

Marinated 4oz chicken breast on a toasted roll, creamy brie cheese, cranberry sauce and fresh microgreens.

Calories 570 Fat 24g Sat Fat 8g Sodium 320g Carbohydrates 51g Fiber 0g Sugar 4g Protein 39g Allergens: wheat, milk

Cordon Bleu

Marinated 4oz chicken breast on a toasted roll, Swiss, Low sodium ham with house-made horseradish mayo.

Calories 610 Fat 28g Sat Fat 8g Sodium 460g Carbohydrates 47g Fiber 0g Sugar 1g Protein 44g Allergens: milk, wheat. Contains Pork

Pizza

Marinated 4oz chicken breast on a toasted roll with our House-made pizza sauce, provolone and pepperoni.

Calories 650 Fat 30g Sat Fat 9g Sodium 720g Carbohydrates 53g Fiber 2g Sugar 4g Protein 43g Allergens: egg, milk, wheat. Contains Pork

Grass Fed Burgers

All served with lettuce, tomato, grilled onions, and pickle unless indicated.

Gluten Free buns available, add \$1.00

Impossible Burger substitute, add \$1.50

Hamburger

All-natural hormone free hand-formed patty on a toasted roll with house-made burger spread. Add cheese - cheddar, pepper jack, Provolone or Swiss, 25¢

Calories 520 Fat 23g Sat Fat 8g Sodium 260g Carbohydrates 51g Fiber 0g Sugar 2g Protein 29g

Cowboy

Grass fed patty topped with Applewood smoked bleu cheese, low sodium bacon, caramelized onions on a toasted roll with our House-made BBQ sauce.

Calories 570 Fat 26g Sat Fat 10g Sodium 310g Carbohydrates 52g Fiber 0g Sugar 5g Protein 33g Allergens: milk, wheat, soy. Contains Pork

Sauerkraut

Grass fed patty topped with sauerkraut, grilled onion, stone ground mustard and Swiss cheese on a toasted roll. Served with lettuce and tomato.

Calories 580 Fat 27g Sat Fat 11g Sodium 340g Carbohydrates 49g Fiber 0g Sugar 1g Protein 35g Allergens: milk, wheat

Pico Burger

Grass fed patty topped with pepper jack cheese, sliced avocado and salsa served on a toasted roll.

Calories 750 Fat 43g Sat Fat 15g Sodium 450g Carbohydrates 58g Fiber 7g Sugar 2g Protein 37g Allergens: wheat, milk.

Mushroom & Swiss

Grass fed patty topped with sauteed mushrooms and Swiss cheese on a toasted roll. Served with lettuce, tomato, and onion.

Calories 570 Fat 26g Sat Fat 11g Sodium 135g Carbohydrates 50g Fiber 0g Sugar 0g Protein 35g Allergens: milk, wheat

Hot Sandwiches

Sub gluten free bread or bun, add \$1.00

Additional toppings 25¢ each

Turkey, Apple & Cheddar

Lower sodium turkey breast, mustard spread, cheddar cheese, sliced apple, and micro-greens on organic multi-grain bread.

Calories 160 Fat 11g Sat Fat 4 Sodium 880g Carbohydrates 51g Fiber 0g Sugar 12g Added Sugar 0g Protein 27g Allergens: milk, wheat

Philly Cheesesteak

Tender shredded beef pot roast or grilled chicken on a hoagie roll with caramelized onions, green bell peppers and Swiss cheese.

Calories 540 Fat 24g Sat Fat 11g Sodium 460g Carbohydrates 33g Fiber 1g Sugar 0g Protein 41g Allergens: soy, wheat, milk

Chipotle Bison

Silver Bison Ranch patty topped with sautéed mushrooms, bell peppers, low sodium bacon, fried egg and chipotle mayonnaise on a fresh toasted roll.

Calories 580 Fat 27g Sat Fat 7g Sodium 270g Carbohydrates 47g Fiber 1g Sugar 1g Protein 38g Allergens: wheat, egg, milk. Contains Pork

Taco Tuesday*

Indulge in our taco bar featuring fresh greens, tomatoes, cheddar cheese, salsa, sour cream, guacamole, black beans, and low sodium taco meat. Corn shells and flour tortillas available.

*Available Tuesdays, 11:00 AM - 1:00 PM

Wraps

Eatery Club

Low sodium deli turkey & ham with Cheddar, tomatoes, bacon, mayo and our house-made BBQ sauce on a heart healthy tortilla.

Calories 370 Fat 16g Sat Fat 6g Sodium 790g Carbohydrates 33g Fiber 0g Sugar 4g Protein 21g Allergens: egg, milk, wheat. Contains Pork

Ultimate BLT

Lower sodium bacon, avocado, mustard spread, tomato slices, and micro-greens a heart healthy tortilla.

Calories 410 Fat 24g Sat Fat 5g Sodium 410g Carbohydrates 41g Fiber 7g Sugar 3g Protein 9g Allergens: milk, wheat, soy. Contains Pork

Tuna

Tuna salad with cheddar cheese and tomatoes served on a heart healthy tortilla.

Calories 380 Fat 17g Sat Fat 6g Sodium 660g Carbohydrates 33g Fiber 0g Sugar 3g Protein 25g Allergens: milk, wheat, egg, fish

Chicken Bacon Ranch


Grilled chicken strips, lower sodium bacon, ranch, Bibb lettuce and tomato on a heart healthy tortilla.

Calories 320 Fat 11g Sat Fat 2.5g Sodium 710g Carbohydrates 31g Fiber 0g Sugar 3g Protein 21g Allergens: milk, wheat, soy. Contains Pork

Southwest

Black Beans, roasted corn, bell peppers, avocado, onion, Bibb lettuce, chipotle mayo sauce on a heart healthy tortilla.

Calories 540 Fat 30g Sat Fat 5g Sodium 440g Carbohydrates 57g Fiber 12g Sugar 5g Protein 12g Allergens: milk, wheat, soy

All items on our lunch & supper menu meet CDC recommendations as a healthful item. A  indicates the item meets Cardiac Heart Healthy guideline recommendations.

Flatbreads

Made on a whole grain crust. Sub Gluten Free Cauliflower or Sweet Potato Crust, add 75¢
Additional toppings 25¢ each

Build Your Own

Create your own with sauce & up to three toppings.

Calories 380 Fat 19g Sat Fat 9g Sodium 760g Carbohydrates 36g Fiber 5g Sugar 6g Added Sugar 1g Protein 17g Allergens: wheat, milk. May contain soy and sesame. Vary by toppings

Build Your Own Cauliflower

Create your own with sauce & up to three toppings.

Calories 420 Fat 14g Sat Fat 8g Sodium 980g Carbohydrates 54g Fiber 1g Sugar 4g Added Sugar 0g Protein 14g Allergens: milk. May contain soy and sesame. Vary by topping

Sauces & Toppings

Sauce: Pesto, Alfredo, or Homemade Pizza Sauce

Chicken	Sausage	Pepperoni	Taco Meat
Mushrooms	Tomato	Ham	Black Beans
Cilantro	Onion	Garlic	Black Olives
Bell Pepper	Pineapple	Spinach	Artichokes

Caprese

Nut-free basil pesto, Roma tomatoes and Wisconsin shredded mozzarella blend.

Calories 480 Fat 30gr Sat Fat 12g Sodium 830g Carbohydrates 30g Fiber 3g Sugar 3g Added Sugar 0g Protein 22g Allergens: wheat, milk. May contain soy and sesame.

Gyro

Tzatziki, beef & lamb gyro meat, red onion, tomato, Wisconsin shredded mozzarella blend and goat cheese.

Calories 470 Fat 22gr Sat Fat 12g Sodium 740g Carbohydrates 34g Fiber 3g Sugar 5g Added Sugar 0g Protein 23g Allergens: wheat, milk. May contain soy, sesame

Taco

Black bean salsa, sodium free taco meat, tomatoes, shredded mozzarella blend. Topped with lettuce, shredded cheddar, and corn tortilla strips.

Calories 500 Fat 27gr Sat Fat 12g Sodium 810g Carbohydrates 38g Fiber 5g Sugar 3g Protein 28 Allergens: wheat, milk. May contain soy, sesame

Roasted Garlic White Chicken

Organic Alfredo sauce, garlic, chicken, red onions, and herb seasoning topped with Wisconsin shredded mozzarella blend.

Calories 350 Fat 14g Sat Fat 7g Sodium 850g Carbohydrates 32g Fiber 3g Sugar 2g Added Sugar 0g Protein 22g Allergens: wheat, milk. May contain soy, sesame.

CONSUMER ADVISORY

When eating at home or dining out consuming fully cooked meats, eggs or fish reduces the chance of foodborne illness

Reuben

Stone ground mustard, Lower sodium corned beef, sauerkraut, Swiss, and shredded mozzarella blend.

Calories 390 Fat 20g Sat Fat 10g Sodium 790g Carbohydrates 30g Fiber 3g Sugar 2g Added Sugar 0g Protein 19g Allergens: wheat, milk. May contain soy, sesame

BBQ Hawaiian

Homemade BBQ sauce, ham, pineapple, low sodium bacon and topped with Wisconsin mozzarella blend.

Calories 390 Fat 19g Sat Fat 9g Sodium 770g Carbohydrates 34g Fiber 3g Sugar 7g Added Sugar 2g Protein 19g Allergens: wheat, soy, milk. May contain soy, sesame. Contains Pork

Vegetable

Homemade pizza sauce, spinach, mushroom, onion, tomato, and bell peppers topped with Wisconsin shredded mozzarella blend.

Calories 370 Fat 19g Sat Fat 9g Sodium 650g Carbohydrates 33g Fiber 4g Sugar 4g Added Sugar 0g Protein 17g Allergens: wheat, milk. May contain soy, sesame

Spinach Artichoke

Organic Alfredo sauce, artichoke hearts, spinach and tomatoes topped with Wisconsin mozzarella blend.

Calories 380 Fat 20g Sat Fat 9g Sodium 800g Carbohydrates 31g Fiber 3g Sugar 3g Added Sugar 0g Protein 18g Allergens: wheat, milk. May contain soy and sesame.

Gluten Free bread may be substituted on select items, but we are not a gluten free kitchen and do not have separate cooking equipment to prepare 100% gluten free items.

Fresh Soup & Dinner Roll

Daily Soup

Made daily, limited availability and subject to change.

Dinner Roll

Limited availability

A La Carte

Sub gluten free bread or bun, add \$1.00

Additional toppings 25¢ each

Entrée of the Day

Grilled Chicken Breast ♥

Citrus Peppercorn Tilapia ♥

Side of Daily Starch

Side of Daily Vegetable ♥

Take Out Available