

ESSENTIALS MENU ITEMS	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Pizza										
Pizza BBQ Chicken -- 1 Pizza ^{wsm}	6.5 oz	494	17	7	0	30	53	1033	64	2
Pizza Roasted Vegetable -- 1 Pizza ^{wsm}	11.1 oz	730	38	19	0	46	45	1931	88	3
Pizza Steak and Pesto ESS ^{wsm}	13.0 oz	649	30	14	0	47	44	1180	101	3
ERROR-Course										
Caprese Ciabatta ^{wsm}	7.0 oz	306	6	3	0	19	42	704	18	2
Baked Goods										
Apple Cinnamon Muffin - 1 Muffin ^{wsme}	4.0 oz	411	19	4	0	5	56	341	60	2
Bagel Blueberry -- 1 Bagel ^w	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Cinnamon Raisin -- 1 Bagel ^w	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Everything --1 Bagel ^w	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Honey Wheat -- 1 Bagel ^w	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Plain -- 1 Bagel ^w	3.5 oz	255	2	0	0	10	50	445	0	2
Blueberry Muffin -- 1 Muffin ^{wsme}	4.0 oz	401	19	3	0	5	52	351	60	1
Chocolate Chip Bagel -- 1 Bagel ^w	3.5 oz	255	2	0	0	10	50	445	0	2
Cinnamon Roll -- 1 Roll ^{wsme}	3.5 oz	312	12	4	2	6	47	461	20	1
Croissant -- 1 Each ^{wsme}	2.0 oz	189	10	6	0	3	20	179	25	1
Muffin Double Chocolate -- 1 Muffin ^{wsme}	4.0 oz	401	19	5	0	5	57	291	55	3
Scone Apple Cinnamon -- 1 Scone ^{wsme}	3.7 oz	421	21	11	0	5	54	331	15	1
Scone Blueberry -- 1 Scone ^{wsme}	3.7 oz	421	21	11	0	5	54	331	15	1
Scone Raspberry White Choc -- 1 Scone ^{wsme}	3.7 oz	421	21	11	0	5	54	331	15	1
Breakfast										
Bacon 1 strip	0.4 oz	46	5	2	0	1	0	83	7	0
Biscuit & Sausage Gravy -- 1 Biscuit ^{wsm}	6.5 oz	360	21	10	0	8	24	1231	25	1
Biscuits & Gravy -- 2 Biscuits ^{wsm}	13.0 oz	721	43	20	0	17	48	2462	50	2
Breakfast Casserole -- 1 Scoop ^{me}	8.1 oz	438	32	13	0	23	8	862	247	1
Breakfast Country -- 1 Plate ^{wsme}	14.0 oz	773	44	21	0	30	48	2475	304	2
Breakfast Omelet 1 Ingredient ESS ^{me}	6.0 oz	200	11	3	0	17	0	626	255	0
Breakfast Potatoes -- 1 Serving	3.0 oz	99	3	0	0	2	16	168	0	2
Breakfast Potatoes & Eggs -- 1 Serving ^e	10.0 oz	318	17	4	0	17	25	446	480	3
Breakfast Sandwich -- 1 Sandwich ^{wsme}	6.5 oz	452	25	12	0	23	32	749	289	1
Burrito Southwest Steak -- 1 Burrito ^{wsme}	13.4 oz	737	38	16	0	41	54	1365	545	5
Canadian Bacon -- 3 Slices	2.1 oz	53	2	1	0	8	0	494	23	0
Essential Breakfast- 1Egg 1Meat 1Pancake ^{wsme}	10.8 oz	791	25	9	0	26	103	1496	499	6
Meat Ham Sliced -- 4 Slices	2.1 oz	63	2	1	0	10	0	762	31	0
Oatmeal -- 1 Bowl	11.2 oz	395	7	0	0	15	68	0	0	9
Pancake ESS ^{wsm}	3.0 oz	466	4	0	0	7	96	1244	0	0
Turkey Sausage -- 1 Patty	4.0 oz	223	16	4	0	18	0	486	71	0
Vegetarian Burrito -- 1 Burrito ^{wsme}	10.6 oz	594	26	11	0	31	58	1046	509	4
Breakfast Specials										
2 Eggs & 2 Toast -- 1 Serving ^{wsme}	5.1 oz	275	13	4	0	19	20	377	480	0

ESSENTIALS MENU ITEMS	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Daily Features										
Beef n Bleu Sandwich ESS ^{ws}	10.0 oz	307	5	1	0	26	42	700	40	1
Chicken Strips -- 3 Strips ^{ws}	6.8 oz	278	15	2	0	17	20	706	27	1
Meat Lovers Pizza -- 1 Pizza ^{wsm}	9.0 oz	865	55	23	0	38	51	2358	134	2
Pizza Chicken Artichoke -- 1 Pizza ^{wsm}	10.3 oz	601	28	11	0	37	48	1248	86	3
Pizza Greek -- 1 Pizza ^{wsm}	10.0 oz	601	32	14	0	31	46	1495	68	4
Pizza Pepperoni -- 1 Pizza ^{wsm}	7.1 oz	652	37	16	0	28	50	1870	84	2
Pulled Pork Tacos -- 2 Tacos ^{wsm}	13.2 oz	743	43	22	0	47	34	1917	161	4
Pulled Pork w/ Apricot BBQ -- 1 Sandwich	7.2 oz	392	13	5	0	20	46	1175	63	1
Roasted Turkey and Cranberry Focaccia ^{sme}	9.2 oz	443	25	7	0	13	40	545	30	2
Sandwich Grilled Cheese -- 1 Sandwich ^{wsm}	2.6 oz	453	34	6	0	10	28	914	25	2
Steak and Pepper Pizza -- 1 Pizza ^{wsm}	13.0 oz	930	47	25	0	63	49	2000	154	2
Turkey Burger -- 1 Sandwich ^{wm}	8.5 oz	390	18	6	0	27	25	1119	91	3
Daily Sides										
Broccoli Cuts -- 1 Scoop	3.9 oz	13	0	0	0	1	0	12	0	1
Broccoli Salad TL ^{wse}	4.0 oz	108	8	1	0	3	4	170	7	3
Coleslaw -- 1 Bowl ^{se}	3.0 oz	107	8	1	0	1	7	219	9	2
Couscous & Roasted Vegetables -- 1 Bowl ^{wsm}	4.1 oz	157	6	0	0	4	23	464	0	1
Mac & Cheese Bites Gouda -- 6 pieces ^{wsm}	5.0 oz	417	23	10	0	13	40	1534	50	2
Mac & Cheese Bites Pepper Jack ^{wsm}	5.0 oz	417	22	10	0	13	40	1501	42	2
Potato Baked	6.7 oz	174	0	0	0	5	38	25	0	4
Potato Planks ESS	3.5 oz	170	7	2	0	2	22	522	0	2
Potatoes Mashed Garlic Red -- 1 Scoop ^m	5.0 oz	152	8	5	0	3	18	518	20	2
Rice Pilaf -- 1 Scoop	3.8 oz	109	0	0	0	3	23	358	0	1
Sweet Potatoes -- 1 Potato	14.5 oz	386	0	0	0	7	90	154	0	15
Featured Specials										
Portabella Mushroom Meal ESS ^s	11.5 oz	392	10	2	0	11	63	1327	8	4
Burger Egg & Bacon -- 1 Burger ^{wnme}	11.0 oz	539	34	12	1	40	13	348	357	1
Burger On Fire -- 1 Burger ^{wsm}	11.0 oz	627	44	15	1	38	19	629	160	2
Burger Veggie -- 1 Burger ^w	9.0 oz	359	9	2	0	16	51	1241	0	8
Chicken Bacon Ranch Sandwich--1 Sandwich ^{ws}	7.0 oz	332	22	4	0	5	29	627	16	0
Chicken General Tso GRL ^{ws}	6.5 oz	334	10	2	0	19	41	1428	45	0
Cilantro Lime Chicken Pizza -- 1 Pizza ^{wsm}	9.8 oz	475	17	7	0	31	43	1112	64	3
Cuban Sandwich -- 1 Sandwich ^{wsm}	12.9 oz	397	10	4	0	16	55	1100	25	2
Dinner Chicken Breast -- 1 Dinner	13.0 oz	161	0	0	0	6	35	450	0	3
Dinner Chicken Strips -- 1 Dinner ^{wsm}	13.0 oz	462	22	3	0	24	42	1405	34	3
Dinner Meatloaf -- 1 Dinner ^{wsm}	19.0 oz	761	31	13	0	34	97	2542	87	7
Dinner Wrap Buffalo Chicken -- 1 Serving ^{wsm}	14.0 oz	985	55	12	0	29	94	2616	64	6
ERROR-Common Name ^{wsm}	10.0 oz	464	24	9	1	34	27	1360	130	0
Ess Chicken and Waffles ^w	9.2 oz	420	21	4	0	32	24	1020	75	2
Ess_Jerk Chicken	14.7 oz	693	12	5	0	56	84	1186	159	2
Habanero Jack Bacon BBQ Burger -- 1 Each ^{wsm}	8.5 oz	660	36	15	1	42	37	861	137	1
Margherita Pizza -- 1 Pizza ^{wsm}	8.6 oz	434	16	6	0	20	50	1112	27	3
Philly Steak Burrito -- 1 Burrito ^{wsm}	9.4 oz	627	28	11	0	38	53	1232	304	5
Quesadilla Chicken -- 1 Portion ^{wsm}	9.1 oz	538	18	9	0	36	53	1365	73	6

m - Product contains milk protein | s - Product contains soy | e - Product contains eggs
n - Product contains nuts | w - Product contains wheat

ESSENTIALS MENU ITEMS	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Sandwich Chicken Pita -- 1 Pita ^{wsm}	10.0 oz	455	13	6	0	38	43	692	81	4
Sandwich Grilled Chicken Breast -- 1 Svg ^{wsm^e}	7.7 oz	428	16	5	0	37	33	570	97	2
Southwest Cheesesteak -- 1 Sandwich ^{sme}	10.0 oz	346	22	9	0	25	4	546	86	3
Steak Quesadilla -- 1 Portion ^{wsm}	9.8 oz	675	32	15	0	41	52	1179	107	5
Thai Chicken Pizza -- 1 Pizza ^{wsm^{nm}}	10.8 oz	647	31	9	0	40	50	1588	64	5
Thai Green Curry -- 1 Portion ^{wsm}	18.5 oz	438	24	4	0	30	19	994	96	2
Tilpia Rice and Broccoli ESS	14.0 oz	291	2	1	0	41	23	454	91	4
Toasted Cheese Sandwich -- 1 Sandwich ^{wsm}	3.2 oz	261	14	8	0	13	20	476	46	0
Featured Sides										
Corn Buttered -- 1 Scoop ^s	3.5 oz	106	5	1	0	2	17	39	0	2
Garlic Smashed Red Potatoes -- 1 Serving ^m	4.0 oz	290	22	3	0	3	21	245	0	2
Soups										
Beef & Sweet Pepper -- 1 Bowl ^s	11.0 oz	116	2	1	0	8	18	881	13	4
Corn Chowder -- 1 Bowl ^{wsm}	11.0 oz	261	15	8	0	6	29	1274	45	2
Lobster Bisque -- 1 Bowl ^{wsm}	12.4 oz	185	10	6	0	3	20	2121	34	0
Market Vegetable -- 1 Bowl	11.0 oz	110	1	0	0	4	22	1048	0	4
NE Clam Chowder -- 1 Bowl ^{w^m}	10.9 oz	125	3	1	0	6	18	1222	7	1
Soup Broccoli & Cheese -- 1 Bowl sm	11.0 oz	139	6	3	0	3	17	1265	7	0
Soup Loaded Baked Potato -- 1 Bowl sm	11.0 oz	334	19	9	0	8	28	937	58	1
Soup Vegetable Beef -- 1 Bowl ^w	11.0 oz	125	2	1	0	7	21	1236	14	4
Soup White Chili & Chicken -- 1 Bowl ^{wsm}	11.0 oz	110	2	1	0	10	14	635	19	5
Additions, Selections & Build Your Own										
Add Chicken -- 1 Breast	4.0 oz	129	3	1	0	24	0	132	73	0
Artichokes -- 1 Scoop	1.5 oz	10	0	0	0	1	2	115	0	0
Banana Fruit Topping -- 1 Banana	4.0 oz	104	1	0	0	1	27	1	0	3
Blue Jack Cheese -- 1 Slice ^m	1.0 oz	111	9	6	0	7	1	121	30	0
Blueberry Fruit Topping -- 1 Serving	4.0 oz	259	0	0	0	0	65	1	0	1
Bread Flatbread -- 1 Piece ^{wsm}	3.3 oz	280	9	2	0	8	42	460	0	2
Canadian Bacon -- 1 Scoop	1.5 oz	53	2	1	0	8	0	494	23	0
Cheddar Cheese -- 1 Slice ^m	0.7 oz	113	9	6	0	7	0	174	29	0
Cheese Feta -- 1 Scoop	1.5 oz	112	9	6	0	6	2	475	38	0
Cheese Mozzarella Shredded -- 1 Scoop ^m	2.0 oz	144	9	6	0	14	0	351	36	0
Cucumber -- 2 slices	0.7 oz	3	0	0	0	0	0	0	0	0
Flour Tortilla Wrap -- 1 Wrap ^{ws}	3.7 oz	310	7	3	0	9	52	670	0	5
Grilled Chicken -- 1 Scoop	2.0 oz	65	1	0	0	12	0	66	36	0
Habanero Jack Cheese -- 1 Slice ^m	1.0 oz	111	9	6	0	7	0	172	30	0
Italian Sausage -- 1 Scoop	1.5 oz	152	13	5	0	5	2	501	27	0
Jalapenos -- 4 Slices	0.2 oz	2	0	0	0	0	0	0	0	0
Mushrooms -- 1 Scoop	1.4 oz	9	0	0	0	1	1	2	0	1
Olives Black -- 8 Halves	0.5 oz	16	2	0	0	0	0	125	0	0
Parmesan Cheese -- 1 Scoop ^m	2.0 oz	244	16	10	0	22	0	867	50	0
Pepperoni -- 8 Slices	0.4 oz	53	5	2	0	2	0	178	13	0
Peppers Red Diced-- 1 Scoop	1.7 oz	15	0	0	0	0	0	2	0	1
Pico de Gallo -- 1 Scoop	2.6 oz	19	0	0	0	1	1	278	0	1

ESSENTIALS MENU ITEMS	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Provolone Cheese -- 1 Slice ^m	0.5 oz	51	3	2	0	4	1	121	10	0
Red Onion -- 8 Rings	0.2 oz	3	0	0	0	0	1	0	0	0
Sauce Alfredo -- 1 Scoop ^{wsm}	1.5 oz	99	9	3	0	2	3	245	14	0
Sauce BBQ -- 1 Scoop	1.0 oz	39	0	0	0	0	10	244	0	0
Sauce Pizza -- 1 Scoop	1.9 oz	37	0	0	0	1	8	385	0	0
Spinach Leaves -- 18 Leaves	0.5 oz	3	0	0	0	0	0	11	0	0
Steak Meat -- 1 Piece	3.0 oz	121	5	2	0	17	0	142	46	0
Swiss Cheese -- 1 Slice ^m	0.7 oz	80	6	4	0	6	0	40	22	0
Tomato Wrap -- 1 Wrap ^{ws}	3.8 oz	290	3	1	0	9	57	570	0	3
Tomatoes -- 4 Slices	2.2 oz	11	0	0	0	1	0	3	0	1
Turkey Bacon -- 2 Slices	1.0 oz	50	3	1	0	5	0	240	25	0
Sushi										
California Roll -- 1 Package ^{ws}	9.9 oz	409	12	2	0	8	69	955	8	3
Cream Cheese Roll -- 1 Package ^{wsm}	9.2 oz	434	15	5	0	8	66	1023	8	1
Mizzou Roll -- 1 Package sm	5.8 oz	240	8	2	0	17	26	843	5	0
Rainbow Roll -- 1 Package ^{ws}	6.7 oz	265	11	2	0	17	25	559	6	2
Roasted Eel -- 1 Package ^s	7.1 oz	420	15	4	0	17	54	1141	6	1
Spicy Tuna Roll -- 1 Package ^{ws}	9.1 oz	349	5	1	0	18	58	653	8	1
Sweet N Spicy Roll -- 1 Package ^{ws}	10.4 oz	459	16	3	0	13	66	1223	9	3
Vegetable Roll -- 1 Package ^{ws}	8.9 oz	324	7	1	0	6	62	584	8	3
Desserts										
Brownie Blondie -- 1 Bar ^{wsme}	4.0 oz	369	26	7	0	6	57	326	28	3
Carrot Cake -- 1 Slice ^{wsnme}	4.3 oz	476	26	7	0	5	54	445	54	2
Chocolate Cake -- 1 Slice ^{wsme}	7.0 oz	669	26	8	0	7	108	693	60	5
Coconut Layer Cake -- 1 Slice ^{wsme}	4.6 oz	516	22	8	0	5	75	416	75	0
Cookie Caramel Turtle Pecan -- 1 Cookie ^{wsnme}	2.0 oz	249	13	5	0	3	33	199	10	2
Cookie Old Fashioned Choc Chip -- 1 Each ^{wsme}	2.0 oz	249	11	6	0	3	35	179	15	1
Cookie White ChocMacadamia -- 1 each ^{wsnme}	2.0 oz	273	14	6	0	3	35	199	21	1
Cookies & Cream Pie -- 1 Slice ^{wsm}	6.3 oz	628	39	28	0	4	66	508	8	3
German Chocolate Cake -- 1 Slice ^{wse}	4.5 oz	457	20	8	0	5	63	410	47	2
Lemon Bar -- 1 Bar ^{wsme}	4.0 oz	486	23	14	0	5	63	189	171	0
Pecan Pie -- 1 Slice ^{wsnme}	6.0 oz	691	33	11	0	7	92	691	106	3