**ALL LUNCH**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** tomato basil bisque

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** crispy baked tofu

$0.47/oz

**Super $6 Meal Deal:** spicy buffalo chicken from the deli

$6.49

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**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** tomato basil bisque

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** crispy baked tofu

$0.47/oz

**Super $6 Meal Deal:** spicy buffalo chicken from the deli

$6.49

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**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** curried rice & lentil soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** crispy baked tofu

$0.47/oz

**Super $6 Meal Deal:** turkey on wheat

$6.49

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**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable beef barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable beef barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Cafe's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Chef's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Chef's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Chef's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Cafe's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Chef's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Chef's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49

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**Chef's Table- “Butter-Grilled Lobster Rolls” w/ Local Heirloom Tomato Salad or Old Bay Chips**

**BREAKFAST**

**SELF-SERVE BREAKFAST ITEMS:** scrambled eggs and breakfast meats

$0.47/oz

**HOT BREAKFAST CEREAL AND Grits**

$1.59 / $2.09 / $2.59

**SENSIBLE BREAKFAST:** egg white vegetables sandwich

$2.39

**Sensible Selection Salad:** marinated mushroom salad

$0.47/oz

**Soup of the Day:** vegetable barley soup

$2.89 / $3.80 / $4.89

**Sensible Selection Salad:** marinated olive salad

$0.47/oz

**Super $6 Meal Deal:** buffalo chicken sandwich from the deli

$6.49