










Breakfast

Available all day, everyday.

- 
Egg & Cheese Sandwich* 468 Cal \$6.19
 Egg and cheddar on a bagel.
- 
Bacon, Ham, or Sausage Egg & Cheese Sandwich* 488-618 Cal \$6.99
- 
Southwest Breakfast Sandwich* 598 Cal \$6.99
 Egg, bacon, cheddar cheese, roasted red peppers, tomato, and chipotle sauce on a plain bagel.
- 
Veg Out 740 Cal \$7.49
 Egg whites, cheddar, tomato, spinach and pesto in a honey wheat wrap.
- 
Mediterranean Egg Whites 560 Cal \$7.49
 Egg whites, feta cheese, spinach, and sundried tomato pesto on Ciabatta.
- 
New Garden Bagels 298 Cal \$2.99

 Bagels are provided locally by "New Garden Bagel" in High Point. *Flavored cream cheese 153-213 Cal

*OPT FOR THE LIGHTER SIDE AND SUBSTITUTE EGG WHITES - SAVE 60 CALORIES.


Pastas

Begins at 11am
Pastas served with garlic bread sticks.

- 
Tortellini with Marinara 412 Cal \$9.39
- 
Macaroni & Cheese 782 Cal \$9.39
- 
Gluten friendly Mac & Cheese 240 Cal \$9.39
- Buffalo Mac & Cheese** 492 Cal \$9.59

Soups & Salads

Begins at 11am



 Any salad can be made without meat upon request.

- Cup of Soup** 88-364 Cal \$2.99
- Soup in a Bread Bowl** 566-1118 Cal \$8.99
 Ask your cashier for the soup of the day. Tomato Basil soup is served daily.
- Great Choice Combo** 284-614 Cal \$9.39
 Half order of any salad or sandwich paired with a cup of soup.
- 
Summer Blend 600 Cal \$9.09

 Grilled chicken, mandarin oranges, dried cranberries, feta cheese, and sliced almonds on mixed greens with raspberry vinaigrette.
- Southwest Cobb** 790 Cal \$9.20
 Grilled chicken, black bean & corn salsa, tomato, cheddar jack, avocado and tortilla strips on mixed greens served with chipotle ranch dressing.
- 
Garden Salad 530 Cal \$8.49
 Mixed greens with grilled chicken, cheddar jack, tomato, red onion, and cucumbers. Served with Balsamic dressing.
- 
Caesar Salad 810 Cal \$8.49
 Traditional Caesar salad with romaine and parmesan cheese topped with grilled chicken.

Salads are served without croutons for our Gluten Free students. Simply request croutons if you would like them for your salad.

Sides \$2.39

- Kettle Chips** 341 Cal
- 
Celery & Carrot Sticks 31 Cal
- 
Fruit Cup or Whole Fruit 54 Cal
- Yogurt** 100 Cal


Fountain Drink \$1.79

Signature Sandwiches

Begins at 11am

Served with choice of side item and drink.


Panther Club 780 Cal \$9.39
Smoked turkey, ham, bacon, provolone cheese, lettuce, tomato, and sundried tomato pesto aioli on wheatberry bread.


 **California Turkey** 760 Cal \$9.39
Smoked turkey, bacon, avocado, pepperjack cheese, red onion, and honey mustard on wheatberry.

Chipotle Chicken 560 Cal \$9.39
Roasted chicken, bacon, pepperjack cheese, lettuce, tomato, and chipotle sauce on ciabatta.

Chicken Florentine 640 Cal \$9.39
Chicken, spinach, tomatoes, provolone, and pesto on ciabatta.

Classic BLT 630 Cal \$9.09
Bacon, lettuce, tomato, and mayo served on wheatberry bread.

 **Build Your Own Grilled Cheese** 391-535 Cal \$9.39
Make it your own. Choose your cheese: cheddar, provolone, pepperjack, or Swiss. Add two vegetables: spinach, tomatoes, red peppers and red onion. Complete it with a protein: chicken, turkey, or bacon. Enjoy your sandwich.
*Served on wheatberry bread



 **French Dip** 511 Cal \$9.39
Roast beef and provolone cheese on a kaiser roll served with au jus.

Caprese 620 Cal \$10.59
Sliced tomato, fresh mozzarella and a pesto mayo served on ciabatta.

Tuna Wrap 530 Cal \$9.39
Homemade tuna salad with lettuce and tomato in a wheat wrap.

Italian 1000 Cal \$9.09
Salami, ham, pepperoni, provolone cheese, lettuce, tomato oil and vinegar on a kaiser roll.

Turkey and Bacon Ciabatta 570 Cal \$10.08
Sliced turkey with crispy bacon, roasted garlic aioli, lettuce, and tomato on ciabatta.

 **Veggie Wrap** 610 Cal \$9.09
 Spinach, hummus, roasted garlic feta spread, cucumbers, tomato and red onion on a honey wheat wrap.

Ham & Cheese Croissant 364 Cal \$9.39
Ham, Swiss cheese, and honey mustard on a croissant.

Power Menu

Available all day, everyday.

Served with choice of side item.

AM Power Bowl 290 Cal \$7.99
Egg whites, smoked turkey, roasted red peppers, and pesto on a bed of warm spinach.

PM Power Bowl 650 Cal \$9.39
Chicken, hummus, tomatoes, and pesto on a bed of warm spinach.

Look for these dietary indicators next to our menu items.



*Healthy Lifestyle: max 30% calories from fat, max 10% calories from saturated fat

**Athletic: max 40% calories from fat, max 15% calories from saturated fat

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request