

BREAKFAST

Build Your Own Breakfast Sandwich

Bread: (Choose 1)

- Bagel – Whole Wheat, 7 Grain, Plain or Sesame
- English Muffin
- Ciabatta – Multigrain, White

Proteins: (Choose 3) *Add more for Extra Charge

- Scrambled Egg, Egg White
- Cheddar, Swiss, American, Provolone
- Turkey, Ham, Turkey Bacon

Additions:

- Spinach
- Tomato
- Pesto

\$2.75
Nutrient Content
Varies



PROTEIN SMOOTHIE
Flavor & Availability Varies
\$3.50

Have an allergy?
Always make your cashier aware.

There will be a **\$0.50 Modification Charge** applied to orders that modify the type of bread, cheese, meat, sauce or vegetables that are intended for the item.
 (This does NOT apply to removing cheese, mayo, etc.)

Questions, Comments, Concerns?
 Please Contact Jessica Mottilla, RD, CD at
JGM@athletics.wisc.edu

PowerBowls

Oatmeal: Steel Cut Oatmeal served with Slivered Almonds, Craisins and Brown Sugar

Cal: 400, Pro: 8g, Sat Fat: 1.5g \$2.00

Turkey and Egg White: Egg Whites, Turkey, Feta, Spinach, Roasted Red Peppers, Pesto and Potatoes

Cal: 240, Pro: 15g, Sat Fat: 1.5g \$2.75

Ham and Eggs: Scrambled Eggs with Ham, Cheddar, Diced Potatoes, Tomato and topped with Avocado

Cal: 380, Pro: 27g, Sat Fat: 10g \$3.00

Southwestern: Scrambled Eggs with Homemade Salsa, Black Beans, Corn Salsa, Cheddar Cheese, Breakfast Potatoes and topped with Avocado

Cal: 390, Pro: 23g, Sat Fat: 8g \$3.00

Sandwiches

The Lineman: Plain Bagel, Egg Patty, Double Ham, American Cheese

Cal: 400, Pro: 8g, Sat Fat: 1.5g \$3.00

Burritos

All American : Scrambled Eggs with Ham, Diced Potatoes and Cheddar Cheese on a Garlic Herb Tortilla

Cal: 540, Pro: 28g, Sat Fat: 11g \$2.50

Huevos Rancheros: Scrambled Eggs with Black Beans, Homemade Salsa, Cheddar Cheese and Avocado on a Garlic Herb Tortilla

Cal: 520, Pro: 27g, Sat Fat: 10g \$2.50

Veggie Med: Egg Whites with Spinach, Feta, Roasted Red Pepper and Pesto on a Whole Wheat Tortilla

Cal: 350, Pro: 20g, Sat Fat: 4.5g \$2.50

All Day Options

Bagels: Plain, Whole Wheat, 7-Grain, Sesame	\$1.25
English Muffin:	\$1.25
Cream Cheese:	\$0.50
Parfait	\$2.50
Fruit Cup	\$2.50
Whole Fruit	\$0.75
Hard Boiled Eggs	\$1.00

LUNCH/DINNER

Sandwiches

The Bucky: Turkey, Ham, Cheddar Cheese, Lettuce Blend, Tomato, Onion and Light Mayo on White Ciabatta Bread

Cal: 595, Pro: 34g, Sat Fat: 12g **\$4.50**

Southern Spice: Diced Chicken, Black Bean Hummus, Cheddar Cheese, Tomato, Lettuce Blend and Spicy Chipotle Mayo on White Ciabatta Bread

Cal: 470, Pro: 21g, Sat Fat: 6g **\$3.75**

Italian Spice: Diced Chicken, Roasted Red Pepper Hummus, Pesto, Provolone Cheese, Roasted Red Peppers, and Red Pepper Flakes on Multigrain Ciabatta Bread. Toasted.

Cal: 440, Pro: 22g, Sat Fat: 5g **\$4.25**

Big Apple: Ham, Turkey Bacon, Green Apple Slices and Provolone Cheese with Lettuce Blend and Light Mayo on Multigrain Ciabatta Bread. Toasted.

Cal: 530, Pro: 25g, Sat Fat: 9g **\$3.50**

Wraps

Thai Chicken: Grilled Chicken, Cabbage Blend, Roasted Corn Salsa, Green Onion, Carrots and Sesame Thai Vinaigrette on a Whole Wheat Wrap

Cal: 355, Pro: 22g, Sat Fat: 3g **\$3.00**

California: Turkey, Cheddar Cheese, Avocado and Lettuce Blend with Ranch Dressing on a Garlic Herb Tortilla

Cal: 540, Pro: 37g, Sat Fat: 8g **\$4.25**

Tuna: Bistro Tuna Salad, Cheddar Cheese, Lettuce Blend and Red Onion on a Whole Wheat Wrap

Cal: 350, Pro: 25g, Sat Fat: 5g **\$3.50**

BBQ Ranch Chicken Wrap: Grilled Chicken, Roasted Corn Salsa, Pepper Jack Cheese, Avocado and Lettuce Topped with Chipotle BBQ Sauce and Ranch Dressing on a Garlic Herb Tortilla. Toasted.

Cal: 530, Pro: 28g, Sat Fat: 8g **\$4.00**

Chicken Salad: Bistro Chicken Salad made with Greek Yogurt, Light Mayo, Pecans, Craisins and Rosemary. Your Choice: Wrap, Sandwich, Bowl or on Lettuce.

Based on Wrap: Cal 365, Pro: 26g, Sat Fat: 3g **\$4.25**

All Day Options

Protein Smoothie **\$3.50**

Hummus Tray **\$2.00**

Parfait **\$2.50**

Fruit Cup **\$2.50**

Hard Boiled Eggs **\$1.00**

Soup of the Day

Featuring 2 Types of Soup served with Saltine Crackers

\$2.50

Nutrient Content Varies

Available at 11am

Melts

BBQ: Roast Beef, Ham, Cheddar Cheese, Chipotle BBQ Sauce and Light Mayo on Panini Bread. Toasted.

Cal: 550, Pro: 33g, Sat Fat: 7g **\$3.00**

Tuna: Bistro Tuna Salad, Swiss Cheese and Pickles on Panini Bread. Toasted.

Cal: 515, Pro: 38g, Sat Fat: 5g **\$3.50**

Spicy Black Bean: Black Bean Hummus, Roasted Red Peppers, Green Onions and Pepper Jack Cheese on Panini Bread. Toasted.

Cal: 500, Pro: 22g, Sat Fat: 6g **\$2.75**

Hot Turkey Club: Turkey with Turkey Bacon and Light Mayo on Panini Bread. Toasted and finished with Chilled Tomato Slices and Lettuce.

Cal: 500, Pro: 35g, Sat Fat: 2g **\$4.50**

Salads

Chopped: Lettuce Blend, Carrots, Red Cabbage, Broccoli with Craisins, Candied Pecans. Your Choice of Blue or Feta Cheese. Dressing: Balsamic Vinaigrette

Cal: 370, Pro: 8g, Sat Fat: 5g **\$4.25**

Oriental: Lettuce Blend, Carrots, Cabbage Blend, Green Onion topped with Grilled Chicken, Sliced Almonds and Crispy Noodles. Dressing: Lite Asian Sesame

Cal: 410, Pro: 18g, Sat Fat: 4g **\$4.50**

BBQ Chicken: Lettuce Blend, Carrots, Green Onion and Corn Salsa topped with Grilled Chicken. Your Choice of BBQ Sauce and Cheese. Dressing: Ranch

Cal: 415, Pro: 29g, Sat Fat: 6g **\$4.00**

Fruity Chicken Salad: Spinach with Diced Apples, Strawberries, Slivered Almonds and Grilled Chicken. Dressing: Fat Free Raspberry Vinaigrette

Cal: 325, Pro: 28g, Sat Fat: 1g **\$4.00**