



Adventure begins here

Friday and Saturday Breakfast

Steel Cut Oatmeal \$5.00

Brown Sugar, Walnuts, Raisins, And 2% Milk

Breakfast Sandwich \$5.00

Bacon egg and cheddar on an English muffin

Yogurt Granola Parfait \$4.00

Lowfat vanilla or strawberry yogurt with all natural
Granola

Baked Breakfast Items \$3.00

Bran muffins, Blueberry muffins, Croissant

Whole Fruit \$2.00

Bananas, Peaches, Oranges, Apples



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Friday and Saturday Lunch

\$10.00

Choice of Hamburger, Cheeseburger, Grilled Chicken Sandwich or Gardenburger.

Served with Chips and a Cookie



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FRIDAY NIGHT PASTA DINNER

Free for Runners All Others \$12.00

Vegetarian Farfalle with Country Style Marinara
Semolina Farfalle pasta, Extra virgin olive oil,
Fresh garlic, Valroso tomato, Button mushrooms,
White onion, Bell pepper, Oregano, Basil

Grilled Vegetable Platter

Extra virgin olive oil, Zucchini, Yellow squash,
Portabella mushroom, Roasted red pepper,
Purple onion

Garden Salad

Spring Mix/Romaine, Roma tomato, Tri color
carrot, Red onion, cucumber

Whole Wheat Dinner Roll