

V Vegetarian Option

C Contains Nuts

HEFNER WAG - Week 4

Saturday, 7/2/2022 – Friday, 7/8/2022

S Contains Seafood

D Contains Dairy

B Brain Health

GF Gluten Free

Saturday, 7/2

Sunday, 7/3

Monday, 7/4

Tuesday, 7/5

Wednesday, 7/6

Thursday, 7/7

Friday, 7/8

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Soups

GF Garden Vegetable \$1.25
60 cal./350 mg. Sod.

V Barley & Three Bean \$1.25
150 cal./370 mg. Sod.

Salad of the Day

Bistro Potato Salad \$1.90
GF 100 cal./80 mg. Sod.

Entrées

German Bratwurst w/
Sauerkraut \$5.45
421 cal./993 mg. Sod.

GF Lemon Parmesan Chicken \$7.00
140 Cal./80 mg. Sod.

Soups

GF Garden Vegetable \$1.25
60 cal./350 mg. Sod.

V Black Bean \$1.25
50 cal./158 mg. Sod.

Salad of the Day

GF Caprese Salad \$1.90
GF 530 cal./750 mg. Sod.

Entrées

GF Herb Roasted Leg of Lamb \$7.50
260 cal./180 mg. Sod.

GF *French Toast Casserole \$5.45
382 Cal./328 mg. Sod.
***Bacon & Sausage Available**

Soups

Smokehouse Chili \$1.25
GF Chilled Melon \$1.25

Salad of the Day

Asparagus Salad \$1.90
Cole Slaw \$1.90
Garden Salad \$1.90

Entrées

V Hamburger \$4.60
Veggie Burger \$4.60
BBQ Pulled Chicken Sandwich \$5.25
BBQ Pork Ribs \$7.00

Sides

Baked Beans
GF Macaroni & Cheese
GF Steamed Spinach
Corn on the Cob
Extra Side: \$0.85

Desserts

NSA Apple Pie \$2.05
Ice Cream, NSA ice cream \$1.15

*** Always available (Vanilla, Chocolate & Strawberry)**



Soups

GF Garden Vegetable \$1.25
60 cal./350 mg. Sod.

S Shrimp Bisque **GF** \$1.25
140 cal./260 mg. Sod.

Salad of the Day

Citrus Grain Salad \$1.90
80 cal./20 mg. Sod.

Entrées

GF Cod Provençal \$6.60
GF 100 cal./330 mg. Sod.

GF Mardi Gras Chicken \$6.25
380 Cal./520 mg. Sod.

Soups

GF Garden Vegetable \$1.25
60 cal./350 mg. Sod.

Stuffed Pepper \$1.25
390 cal./920 mg. Sod.

Salad of the Day

Kale & Quinoa Salad \$1.90
GF 100 cal./180 mg. Sod.

Entrées

Stuffed Pork Chops \$6.50
330 cal./490 mg. Sod.
Sesame Ginger Chicken Breast \$6.60
S 100 Cal./50 mg. Sod.

Soups

GF Garden Vegetable \$1.25
60 cal./350 mg. Sod.

Lentil with Cilantro Orzo \$1.25
V 180 cal./560 mg. Sod.

Salad of the Day

Orzo, Spinach & Feta Salad \$1.90
GF 200 cal./260 mg. Sod.

Entrées

Beef Pot Pie \$7.20
760 cal./1120 mg. Sod.

S Herb Baked Flounder \$6.45
70 Cal./280 mg. Sod.

Soups

GF Garden Vegetable \$1.25
60 cal./350 mg. Sod.

Corn & Chicken Chowder \$1.25
GF 200 cal./310mg. Sod.

Salad of the Day

Brussels Sprouts & Citrus Salad \$1.90
60 cal./15 mg. Sod.

Entrées

Chicken Fajitas \$7.00
350 cal./410 mg. Sod.
GF Cavatappi Pasta w/ Shrimp \$6.60
S 510 Cal./980 mg. Sod.

Appetizers

GF House Salad \$1.90
S Shrimp Cocktail (5) \$6.50
(170 cal./1680 mg. Sod.)

BBQ Pulled Pork Sliders (3) w/ Cole Slaw \$6.30
(200 cal./260 mg. Sod.)

Entrées Salads

GF Trio Platter Salad \$7.50
(430 cal./1200 mg. Sod.)

GF Cobb Salad \$7.50
(220 cal./480 mg. Sod.)
Add chicken: \$2.30
Add Shrimp: \$3.50

Beer & Wine Beverages

Sutter Home Chardonnay \$5.00
Sutter Home Merlot \$5.00
Sutter Home Pinot Grigio \$4.50
Sutter Home White Zinfandel \$4.00
Sam Adams Boston Lager \$6.00
Yuengling Black & Tan \$4.50

Hours of Operations

Monday – Saturday

Lunch 11:30 A.M.—1:00 P.M. **Dinner** 4:30 P.M.— 6:30 P.M.

Sunday Brunch

11:00 A.M.— 2:00 P.M.

Reservations and Orders

Reservations and orders can be made by phone **(x. 4713)**, online, or in person with a host or hostess.



Vegetarian Option



Contains Nuts

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Contains Seafood



Gluten Free



Brain Health

Saturday, 7/2/2022 — Friday, 7/8/2022



Contains Dairy

Signature Entrées

Grilled Beef Tenderloin \$15.00
(390 cal./310 mg. Sod.)

Shrimp Scampi \$7.50
(420 cal./850 mg. Sod.)

Rotisserie Chicken Quarter \$7.50
(560 Cal, 380 mg. sod)

Plain Grilled Chicken Quarter \$7.50
(600 Cal, 400 mg. sod)

Grilled Salmon \$7.75
(200 Cal, 230 mg. sod)
Lemon Dill, Teriyaki, Tuscan

Salmon Cakes \$7.50
(200 Cal, 380 mg. sod)

Classic Hamburger \$4.60
(390 cal./560 mg. Sod.)

Grilled Hot Dog \$4.60
(400 cal./1070 mg. Sod.)

Turkey Club Sandwich \$7.00
(580 cal./1700 mg. Sod.)

Vegetarian Entrées

Grilled Portobello Mushroom, Lentils &
Potatoes Served over Spinach & Balsamic Glaze \$5.25
(240 cal./280 mg. Sod.)

Vegetable Tofu Lo Mein \$6.50
(897 cal./910 mg. Sod.)

Daily Sides

Country Style Whipped Potato
(100 cal./370 mg. Sod.)

Baked Potato
(110 cal./5 mg. Sod.)

Yellow Rice
(160 cal./240 mg. Sod.)

Swiss Chard Sauté
(70 cal./330 mg. Sod.)

Steamed Italian Vegetable Medley
(96 cal./273 mg. Sod.)

Corn & Green Onion Pudding
(118cal./135 mg. Sod.)

Au Gratin Potatoes
(449 cal./683 mg. Sod.)

Peas & Mushrooms
(60 cal./55 mg. Sod.)

Baby Carrots
(40 cal./75 mg. Sod.)

French Fries
(190 cal./30 mg. Sod.)

Side Salad
(10 cal./0 mg. Sod.)

Fruit Cup
(50 cal./90 mg. Sod.)

Applesauce
(60 cal./10 mg. Sod.)

Cole Slaw \$1.90
(140 cal./150 mg. Sod.)

All menus are subject to change based on product availability.