

BALANCED FARE

Nourishing and calorie
conscious choices



CHOOSE THESE

BREADS/GRAINS/GREENS

- Brioche Bun
- English Muffin
- Lettuce
- Marble Rye Sliced Bread
- Multigrain Sliced Bread
- Quinoa
- Romaine
- Spinach
- Spring Mix
- Wheat Hoagie Roll

PROTEINS

- Black Beans (cold or hot)
- Beef Steak
- Chicken Steak
- Egg White Omelet
- Hard Boiled Eggs
- Oven Roasted Turkey
- Roast Beef
- Roasted Chicken Breast
- Turkey Sausage

SPREADS & DRESSINGS

- Balsamic Dressing
- BBQ Sauce
- Cherry Pepper Relish
- Honey Hot Sauce
- Hot Sauce Packet
- Ketchup
- Lite Cream Cheese
- Mayonnaise - *little bit*
- Marinara Sauce
- Mustard (yellow and spicy)
- Oil - *little bit*
- Sour Cream Packet
- Vinegar

CHEESES

- Grated Parmesan
- Sliced Pepperjack
- Sliced Provolone

TOPPINGS

- Avocado
- Caramelized Onions
- Carrot Ribbons
- Cucumbers
- Grape Tomatoes
- Hummus
- Hot Peppers
- Jalapeno Peppers
- Lettuce
- Old Bay
- Oregano
- Pickles
- Roasted Peppers
- Roasted Veggies
- Salsa
- Sliced Tomatoes
- Sliced Red Onions
- Slivered Onions
- Spinach
- Sweet Peppers



MEAL IDEAS

Under 500 calories

BREAKFAST

- **Egg White Omelet Sandwich on Marble Rye Bread** with provolone cheese, spinach and tomato (300 cal)
- **Egg Omelet Bowl** with Turkey Sausage, spinach, honey hot sauce and caramelized onions (260 cal)
- **Express Vanilla Greek Yogurt & Mixed Berry Parfait** (240 cal)
- **Chicken Steak and Egg White Omelet Bowl** with cheddar cheese, spinach, salsa, avocado and hot sauce packet (optional) (270 cal)

SALADS & BOWLS

- **Custom Salad** with roasted chicken, romaine, carrots, cucumbers, tomatoes, red onion, croutons and balsamic dressing (405 cal)
- **Turkey Bacon Ranch Salad** customized to include romaine and spinach and cucumbers (420 cal)
- **Romaine with Roasted Chicken Bowl** and hummus, cucumbers, feta cheese, red onion, hot peppers, and red wine vinegar (430 cal)
- **Quinoa Bowl** with chili, shredded lettuce and sour cream packet (470 cal)
- **Black Bean Bowl** chicken steak, lettuce, red onion, salsa, and avocado (430 cal)
- **Express Quinoa and Kale Salad** (280 cal)

SANDWICHES

- **Oven Roasted Turkey on Wheat Shorti** with little bit of mayo, provolone, spinach and tomato (460 cal)
- **Roasted Chicken Sandwich on Brioche Bun** with pepperjack cheese, spinach, tomato, and avocado (430 cal)
- **Roast Beef on Rye Bread** with cherry pepper relish, little bit of mayo, provolone and spinach (470 cal)
- **Chicken Steak on Wheat Shorti** with provolone, spinach, and caramelized onions (470 cal)
- **Beef Steak on Wheat Shorti** with pickles, hot peppers, onions, spicy mustard and lettuce (440 cal)
- **Express Tuna Wrap** (400 cal)
- **Express Turkey Cheddar Pinwheels** (310 cal)

SIDES & SNACKS

- **Chicken Noodle Soup**, *small* (140 cal)
- **Chili**, *small* (240 cal)
- **Express Farmhouse Garden Veggie Salad** (110 cal)
- **Express Apple Snack Pack** (60 cal)
- **Express Carrot Snack Pack** (30 cal)
- **Express Fruit Cups** (varies, see label)
- **Express Mozzarella Cheese Stick** (80 cal)
- **Express Hard Boiled Eggs** (160 cal)

