

CHALK *fit food*

Bar & Grill

Breakfast

served until 11am

Build Your Own

Whole eggs or egg whites with whole wheat tortillas or English

muffin.....\$4.25

Choose your protein

Turkey bacon. Chicken apple sausage.

Grilled chicken.....\$1.50 each

Grilled steak. Turkey chili.....\$2.50 each

Choose your toppings

Avocado slices. Pico de gallo. Salsa.

Black beans. Queso blanco. Spinach.

Broccoli. Red bell peppers. Tomatoes.

Jalapenos. Red onions.....\$0.65 each

Protein Pancake

served with 1 oz light maple syrup

(gluten free).....\$4.50

Calories 292 Protein 40

Fiber 5 Fat 3

Egg Sandwich

.....\$4.25

Calories 340 Carbs 25.9

Protein 15.6 Fat 19

Bread.....\$1.00

Whole Wheat Tortillas

Calories 180 Carbs 32

Protein 6 Fat 5

English Muffin

Calories 140 Carbs 28

Protein 20 Fiber 5 Fat 3

Oatmeal

Classic.....\$3.50

healthy and hearty traditional

Calories 145 Carbs 25

Protein 4 Fat 2

High Energy.....\$4.25

with peanut butter and bananas

Calories 300 Carbs 42

Protein 11 Fat 11

Heart Healthy.....\$4.50

with nuts and berries

Calories 380 Carbs 21

Protein 11 Fat 21

Salads

All salads can be made into wraps for an additional 50 cents and dressings are served on the side

Full.....\$7.95

Caesar

Fresh romaine lettuce, oven-roasted tomatoes, parmesan cheese, garnished with lahvosh cracker bread

Calories 267 Carbs 30

Protein 12 Fat 12

classic caesar dressing

Calories 168 Carbs 2 Fat 18

Spinach

Baby spinach, baby greens, dried cranberries, black walnuts, hearts of palm, mandarin oranges, garnished with lahvosh cracker bread

Calories 258 Carbs 42 Fiber 8

Protein 7 Fat 10

chipotle raspberry vinaigrette

Calories 100 Carbs 15 Fat 5

Fiesta

Mixed baby greens, black beans, chopped tomatoes, fresh queso blanco, avocado slices, diced red onions, garnished with whole wheat chips

Calories 258 Carbs 27 Fiber 9

Protein 12 Fat 13

chipotle lime vinaigrette

Calories 168 Carbs 2 Fat 18

Add protein (3oz)

Grilled Chicken Breast....\$2.50

Calories 150 Protein 26 Fat 0.5

Baked Tilapia.....\$3.75

Calories 95 Protein 17.5 Fat 2

Grilled Steak.....\$3.95

Calories 180 Protein 23 Fat 9

Soup of the Day

cup.....\$2.50

bowl.....\$4.00

Perfect Plates

Choose one protein and includes two sides

Grilled Chicken

6oz.....\$7.50

Calories 300 Protein 52 Fat 6

Grilled Tilapia

6oz.....\$8.50

Calories 190 Protein 35 Fat 4

Grilled Steak

6oz.....\$9.75

Calories 360 Protein 46 Fat 18

Sides.....\$1.95

Black Beans

Calories 130 Carbs 6 Fiber 5 Protein 9 Fat 1

Baked Sweet Potato

Calories 105 Carbs 24 Fiber 4

Forbidden Rice

Calories 105 Carbs 24 Fiber 4

Steamed Broccoli

Calories 30 Carbs 6 Fiber 3 Protein 2

Roasted Veggies

Calories 88 Carbs 7 Fiber 7 Fat 7

Sandwiches.....\$7.50

Served with sweet potato chips

Chicken Pesto

Grilled chicken breast, grilled red onion, lettuce, tomato, and basil pesto on a ciabatta bun

Calories 340 Carbs 37 Protein 25 Fat 12

Steak Wrap on Jalapeno Cheddar Tortilla

Grilled steak, blue cheese, lettuce, tomato, chipotle lime vinaigrette

Calories 450 Carbs 47 Protein 47 Fat 15

Tacos

Whole wheat tortilla, mixed greens, tomatoes, served with chipotle lime vinaigrette

Turkey Chili.....\$3.95

Calories 350 Carbs 36 Fiber 4 Protein 24 Fat 13

Chicken.....\$3.95

Calories 282 Carbs 36 Fiber 5 Protein 32 Fat 4

Fish.....\$4.50

Calories 236 Carbs 36 Fiber 4 Protein 23 Fat 3

Steak.....\$4.95

Calories 320 Carbs 36 Fiber 5 Protein 23 Fat 10

fun food & cocktails

Appetizers

Grilled Artichoke Humus
served with pita chips.....\$2.95

Sausage & Pepperoni
Calzone served w/ marinara.....\$6.95

Mexican Shrimp Cocktail
.....\$7.95

Grilled Chicken Salad
with pecans and grapes.....\$7.95

Grilled Pizza
toppings change weekly.....\$8.95

Edamame served with soy ginger
dipping sauce.....\$2.95

Blackened Chicken
Quesadillas served w/ salsa.....\$8.95

Sliders
Mini Angus burgers served with Caramelized onion
and chipotle BBQ sauce on a Kaiser bun
3 to an order.....\$5.95

Kids

Kids Plate 3oz of grilled chicken breast
with broccoli and macaroni & cheese.....\$4.50

Macaroni & Cheese.....\$3.00

Cookies.....\$1.00

Beverages

Coke, Diet Coke, Sprite, Dr. Pepper, Diet Dr. Pepper,
Iced Tea, Hot Tea.....\$1.95

Orange Juice, Cranberry Juice, Milk\$2.50

Regular and Decaf Coffee.....\$1.95

Complimentary until 11:00am

Cocktails

Well Cocktails.....\$5.50

Premium Cocktails...\$5.95

Beer by the Bottle

Miller Lite.....\$2.25

Bud Light\$2.25

Michelob Ultra.....\$2.50

Shiner Bock.....\$2.65

Sam Adams.....\$3.00

Corona.....\$2.75

Dos XX.....\$2.75

Heineken.....\$2.75

Amstel Light.....\$2.95

Fat Tire.....\$3.00

Wine by the Glass

Geyser Peak Sav Blanc.....\$6.00

Noble Vines Merlot\$6.00

Avalon Cabernet.....\$7.00

Clos du Bois Chard\$7.00

Le Rime Pinot Grigio\$7.00

Root 1 Pinot Noir\$7.00

Wine by the Bottle

Napa Cellers Pinot Noir.....\$37.00

Sonoma Cutrer Chard.....\$39.00

Black Stallion Cab.....\$40.00

Caymus Conundrum.....\$40.00

Kim Crawford Sav Blanc.....\$40.00

Hahn Pinot Noir.....\$41.00

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