

Lunch

SIGNATURE ENTRÉES

Add a dinner roll \$0.89

Hearty Meatloaf, 412 cal. **\$6.19**

Meatloaf, mashed Yukon potatoes, roasted brussel sprouts & roasted carrots

Grilled Chicken, 400 cal. **\$7.19**

Chicken, ancient grains, almond green beans and sweet & spicy brussel sprouts

Roasted Turkey, 292 cal. **\$7.49**

Turkey, mashed Yukon potatoes, maple roasted carrots & green beans

Alaskan Salmon, 356 cal. **\$7.89**

Alaskan salmon with lemon & parsley, ancient grains, green beans, & maple roasted carrots

SANDWICHES

WHOLE— \$4.99 | HALF— \$3.69 — Comes with kettle chips, fruit cup, or coleslaw —

Tuna Salad Sandwich, 229 cal.

Tuna salad, tomato & lettuce on multi-grain bread

Chicken Salad Sandwich, 320 cal.

Chicken salad, tomato & lettuce on multi-grain bread

Roast Turkey Sandwich, 207 cal

Roast turkey, spinach, and red pepper aoli, served hot on a whole wheat bun

California Chicken Sandwich, 320 cal

Grilled chicken breast, avocado, and tomato aoli, served hot on a whole wheat roll

SOUPS

CUP — \$1.79 | BOWL— \$2.29

Tomato Basil

89 | 134 cal.

Chicken & Wild Rice

220 | 330 cal.

Chicken Noodle

135 | 202 cal.

Vegetable Broth

17 | 26 cal.

KIDS' MENU

— Served with a fresh fruit cup —

Chicken Quesadilla, 505 cal. **\$4.99**

Grilled chicken & cheddar cheese

Chicken Sliders, 200 cal. **\$4.99**

Shredded chicken on 2 whole wheat dinner rolls

Classic Grilled Cheese, 440 cal. **\$4.99**

American cheese grilled on multi-grain bread



GRAIN BOWLS — \$5.89

Add chicken — \$1.99 | Add salmon — \$3.50

Farm House Bowl, 155 cal.

Ancient grains, brussel sprouts, lentils, carrots & poached egg

Sweet & Spicy Quinoa Bowl, 349 cal.

Butternut squash, kale, black beans, red quinoa, & thai sweet pepper glaze

SALADS — Whole — \$5.79 | Half — \$3.19

Add chicken — \$1.99 | Add avocado — \$1.99 | Add salmon — \$3.50

Berry Almond Spinach

164 | 354 cal.

Baby spinach, toasted almonds, blueberries, raspberries, strawberries & goat cheese

Strawberry Spinach

75 | 161 cal.

Baby spinach, strawberries, egg, & bleu cheese

Garden Salad

35 | 75 cal.

Greens, tomatoes, cucumbers, & carrots

Classic Cobb

205 | 444 cal.

Greens, cheddar cheese, eggs, avocado, green onions & tomatoes

Greens & Herbs

26 | 53 cal.

Spring mix, parsley, cilantro, dill weed, basil, & cucumbers

DRESSINGS:

Raspberry Vinaigrette | Ranch | French | Bleu Cheese | Italian



relax • refresh • reconnect

SKYLIGHT COMMONS

BREAKFAST

6:30 am — 10:30 am

LUNCH

10:30 am — 2:00 pm

Breakfast

BREAKFAST GRAINS

CUP — \$1.89 | BOWL— \$2.49

Granola Cereal Bowl

442 | 621 cal.
quinoa, sunflower seeds, almonds, walnuts, cranberries, coconut, & flax topped with strawberries, blueberries, banana & milk

Fruit & Nut Oatmeal

231 | 347 cal.
Steel cut oats, toasted almonds, walnuts & cranberries

Mom's Oatmeal

CUP — \$1.39 | BOWL — \$1.79
147 | 220 cal.
Steel cut oats, raisins & brown sugar

YOGURT PARFAITS

Tropical, 283 cal. **\$2.49**
Pineapple, toasted coconut, vanilla yogurt & granola

Strawberry, 393 cal. **\$2.49**
Strawberries, granola & vanilla yogurt

Peach & Blueberry, 257 cal. **\$2.49**
Peaches, blueberries, vanilla yogurt & granola

Caramelized Banana, 334 cal. **\$2.49**
Bananas, granola, vanilla yogurt & honey



BUILD YOUR CLASSIC BREAKFAST

Classic Scrambled Eggs , 160 cal. \$1.49	Sausage Patty , 95 cal. \$0.99
Cheesy Scrambled Eggs , 233 cal. \$2.19	Turkey Sausage , 69 cal. \$0.99
Skillet Eggs , 160 cal. \$2.19 Peppers & onions	Applewood Smoked Bacon \$0.99 53 cal.
Breakfast Potatoes , 119 cal. \$1.59	O'Brien Potatoes , 105 cal. \$1.59 Onions & peppers

BREAKFAST SANDWICHES

Avocado & Egg White , 175 cal. \$2.99 Egg white, avocado & tomato on a whole wheat English muffin
Sausage, Egg & Cheese , 473 cal. \$3.19 Egg, sausage & cheddar cheese on a whole wheat English muffin
Bacon, Egg & Cheese , 330 cal. \$3.19 Egg, bacon & cheddar cheese on a whole wheat English muffin

BREAKFAST BOWLS

Classic Bowl , 390 cal. \$4.79 Breakfast potatoes, sausage, scrambled eggs & cheddar cheese
Breakfast Skillet , 306 cal. \$3.79 Breakfast potatoes, sautéed peppers & onions, scrambled eggs & cheddar cheese



BAKERY

Blueberry Muffin , 135 cal. \$1.09	GF Honduran Chocolate Brownie , 350 cal. \$2.99
Lemon Poppy Seed , 178 cal. \$1.09	Blueberry Scone , 203 cal. \$1.09
GF Blueberry Muffin , 160 cal. \$2.79	White Chocolate Raspberry Scone , 219 cal. \$1.09
GF Raspberry Poppyseed Muffin , 236 cal. \$2.79	Dinner Roll , 113 cal. \$0.89
Chocolate Chip Cookie , 127 cal. \$0.89	English Muffin , 120 cal. \$0.60

BEVERAGES

Bottled Iced Tea \$2.19	Vitamin Water, Lemonade \$2.00
Aquafina / Dasani , 20 oz. \$1.19	Powerade, Zero \$2.00
Smart Water , 20 oz. \$1.95	Aha Sparkling \$1.29
Milk , skim 1% \$0.79	Life Water , 33.8 oz. \$2.39
Orange / Apple Juice \$2.00	Bottled Soda , 20 oz. \$1.70
	Coffee & Tea 12 oz. — \$1.69 16 oz. — \$1.89

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