

SIGNATURE SPECIALS

All American Cheeseburger:

Beef Burger, Lettuce, Tomato, and your choice of a
Gluten-Free bun (\$7.69), 760 CAL
Make it a DOUBLE (\$9.69), 864 CAL

Turkey Burger:

Turkey Burger, Lettuce, Tomato, Cheese, and your
choice of Gluten-Free bun (\$7.89), 560 CAL
Make it a DOUBLE (\$9.89) 880 CAL

Buffalo Grilled Chicken Wrap:

Buffalo Chicken, Lettuce, Tomato, and your choice of
Sauce and Cheese. Wrapped on a Gluten-Free
Tortilla (\$7.89), 430-770 CAL

Choice of Sauce:

**Buffalo, Caesar, Honey
Mustard, Blue Cheese,
Ranch: 0-340 CAL**

Choice of Cheese:

**Swiss, Provolone,
American, Cheddar,
Vegan Cheddar**



**MADE WITHOUT
GLUTEN GRILL MENU**

2000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information is available upon request. Please inform your server of any food allergies before placing your order

ALL DAY BREAKFAST MENU

Classic Specials

Egg & Cheese \$4.89, 310-500 CAL
On Choice of Bagel/English Muffin/Wrap

Bacon Egg & Cheese \$5.79, 395-585 CAL
On Choice of Bagel/English Muffin/Wrap

Sausage, Egg & Cheese \$5.79, 510-600 CAL
On Choice of Bagel/English Muffin/Wrap

Bagel w/Butter \$2.19, 260-330 CAL
Add Cream Cheese +\$0.60, 85 CAL

Bacon(2pc) \$2.59, 85 CAL
Sausage Patty \$2.59, 200 CAL
Turkey Bacon (2pc) \$2.59, 50 CAL
Turkey Sausage Patty \$2.59, 86 CAL
Hash Brown Patty \$3.89, 154 CAL

Substitutions:

Turkey Bacon/Sausage +\$2.59, 50-86 CAL
Vegan Egg +\$1.09, 100 CAL

Side options

Made Without Gluten Signature Specials

Breakfast Sandwiches (Served On Gluten-Free Bagel)

Egg & Cheese \$4.89, 460 CAL

Bacon Egg & Cheese \$5.79, 545 CAL

Sausage Egg & Cheese, \$5.79, 600 cal

Made Without Gluten Bagel w/Butter \$2.19, 290 CAL
Add Cream Cheese +\$0.60, 85 CAL

Substitutions:

Turkey Bacon/Sausage +\$2.59 50-86 CAL
Egg Whites + \$1.09 20 CAL
Vegan Egg +\$1.09, 100 CAL

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GRILL MENU

Buffalo Chicken Tenders (3pcs) \$5.69, 520 CAL

Chicken Tenders (3pcs) \$5.69, 520 CAL

Made Without Gluten Tenders (3pcs) \$5.69, 120 CAL

Crispy Shoestring Fries: One Size: \$3.39, 317 CAL

Sweet Potato Fries: One Size: \$3.99, 333 CAL

Jumbo Crispy Onion Rings: One Size: \$3.39, 530 CAL

Chicken Quesadilla: \$8.79, 970 CAL

Vegetable Quesadilla | \$8.59, 850 CAL



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All American Single Cheeseburger \$7.69, 721 CAL

All American Double Cheeseburger \$9.69, CAL

Turkey Burger Single \$7.89, 320 CAL

Turkey Burger Double \$9.89 520 CAL

Chicken Wrap \$7.89, 870-1170 CAL

***Choice Of Grilled Or Crispy Chicken**

Philly Cheesesteak \$7.89, 350 CAL

Beyond Burger \$10.09, 420 CAL

Grilled Cheese \$5.99, 410 CAL

***Add On's:**

Avocado, Bacon, Pickles, Sautéed Peppers/Onions

Each \$1.29, 0-85 CAL

Choice Of Cheese:

Swiss, Provolone, American, Cheddar or Vegan

Cheddar, 50 CAL



GRILL MENU



16OZ SMOOTHIE: \$11.99
FORDHAM MEAL EXCHANGE: 1 SWIPE

16OZ SMOOTHIE BOWL: \$15.99
FORDHAM MEAL EXCHANGE: 1 SWIPE + \$4.99
SMOOTHIE BOWLS INCLUDE 4 ADD-INS

LIQUID BASES

Oat Milk, Coconut Milk, Water, Apple Juice, Orange Juice 65-643 CALS

ADD-IN MENU

Additional Charge Per Extra Add-In
10-265 CALS

FRUITS +\$1.29

Banana, Strawberry, Blueberry, Pineapple

VEGETABLES +\$1.59

Spinach, Kale

DRIZZLES +\$1.29

Honey, Agave

PREMIUM PC SPREADS +\$1.59

SunButter, Nutella, Peanut Butter
Served in individual containers

DRY TOPPINGS +\$1.59

Gluten-Free Granola, Shredded Coconut, Chia Seeds, Cacao Nibs, Hemp Seeds

PROTEIN POWDER +\$1.59

Plant-Based Protein Powder

LIVE PURE SUPERFOOD SMOOTHIES

EVERY SMOOTHIE HELPS
FEED A CHILD IN NEED 🌍



EPIC MANGO

immunity + focus

mango, pineapple, coconut,
ginger, lucuma, probiotics

110 CALORIES



SUNRISE SHACK ACAI

endurance + anti-inflammatory

acai berry, blueberry, banana,
coconut, himalayan pink sea salt,
honey

170 CALORIES



PITAYA PROTEIN

stamina + antioxidant

pitaya, banana, strawberry
mulberry, spinach
garden of life protein, probiotics

100 CALORIES



ALL DAY NUTRITION

metabolism boost + low sugar

strawberry, banana, mango,
dates, coconut, pumpkin seed
butter, acerola cherry,
himalayan sea salt, probiotics

190 CALORIES

ALL SMOOTHIE CUBE FLAVORS ARE MADE WITH USDA ORGANIC INGREDIENTS

*Menu items contain allergens. Bowls & smoothies are blended with frozen banana, please specify to your server if you would like without.

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