



– BREAKFAST –

GRANDE BRUNCH – BUFFET –

EVERY SUNDAY, 9AM TO 2PM

A bountiful array of seasonal fruits, fresh pastries, a carving station, delicious desserts, traditional brunch favorites and a variety of other chef creations. Also enjoy our Create-Your-Own Eggs Benedict and Omelet Station.

ADULTS \$17.99

Includes Bloody Mary's or Mimosa's
\$26.99

KIDS 6-12 \$6.00

KIDS 5 AND UNDER Free

MIMOSA

Champagne with fresh orange juice.

SINGLE (100 CAL.)
\$5.00

BLOODY MARY BAR

SINGLE (100 CAL.)
\$5.00

– SUNRISE FAVORITES –

- #1 **2 EGGS, HASH BROWNS AND TOAST*** (820-880 cal.) - \$5.49
- #2 **2 EGGS, 2 BACON OR 2 SAUSAGE AND TOAST*** (790-910 cal.) - \$5.49
- #3 **2 EGGS, 2 BACON OR 2 SAUSAGE, HASH BROWNS AND TOAST*** (980-1100 cal.) - \$6.49
- #4 **HOT OATMEAL AND TOAST** (840-900 cal.) - \$3.99
- #5 **BISCUITS AND SAUSAGE GRAVY** (740/390 cal.) - \$5.49/half order \$3.99
- #6 **BREAKFAST BURRITO*** (1020 cal.) - \$6.99
Stuffed with eggs, green pepper, onion, sausage and cheese.
Served with hash browns.
- #7 **3 EGGS, 3 BACON OR 3 SAUSAGE, HASH BROWNS AND TOAST*** (1130-1280 cal.) - \$7.49

– THE WORKS –

- **2 PANCAKES, 2 EGGS, CHOICE OF 2 BACON OR 2 SAUSAGE*** (520-580 cal.) - \$7.49
- **2 FRENCH TOAST, 2 EGGS, CHOICE OF 2 BACON OR 2 SAUSAGE*** (600-660 cal.) - \$7.49
- **SMOTHERED HASH BROWNS AND TOAST** (1090-1150 cal.) - \$6.99
Ham, cheese, onions and green peppers smothered in sausage gravy.
- **DOUBLE PLAY - 2 PANCAKES, 2 EGGS, 2 BACON, 2 SAUSAGE*** (710-770 cal.) - \$7.99
- **HY-FIVE - 1 PANCAKE, 2 EGGS, 2 BACON, 2 SAUSAGE AND HASH BROWNS*** (790-850 cal.) - \$7.99
- **COUNTRY SAMPLER - 2 EGGS, 2 BACON, 2 SAUSAGE, 1/2 ORDER BISCUITS AND GRAVY*** (930-990 cal.) - \$7.99

– 3-EGG OMELETS –

Served with hash browns and toast.

VEGGIE DELIGHT* (1130-1190 cal.)

Onion, green pepper, mushroom, tomato, cheese. \$7.49

MEAT AND CHEESE* (1090-1510 cal.)

Your choice of ham, bacon or sausage. \$7.99

CHEESY OMELET* (1030-1170 cal.)

Simple, just cheese. \$6.99

DENVER* (1180-1240 cal.)

Ham, green pepper, onion, mushroom, cheese. \$8.49

THE EVERYTHING* (1560-1620 cal.)

Ham, bacon, sausage, onion, green pepper, mushroom, tomato, cheese. \$8.99

*Consumer Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and/or shellfish. Please ask to speak with a manager for a list of ingredients in your order.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



– SIGNATURE SKILLET –

All skillet meals come with hash browns, 2 eggs and toast.

HAM & CHEESE SKILLET* (1250-1310 cal.) - \$7.99

Diced ham and hash browns covered in cheese.

COUNTRY HARVEST SKILLET* (1090-1150 cal.) - \$7.99

Onions, green peppers, mushrooms and sausage.

CHICKEN-FRIED STEAK SKILLET* (1550-1610 cal.) - \$7.99

Hash browns topped with a chicken-fried steak, gravy and cheese.

– SANDWICHES –

THE “XL” BREAKFAST SANDWICH (950 cal.)

A quarter-pound sausage patty with cheese on a toasted bagel. **\$3.99**

THE TEXAS TWO-HAND* (830 cal.)

2 eggs, 2 slices of bacon and melted cheese on 2 slices of grilled Texas toast. **\$5.49**

MUFFIN MELT* (390-460 cal.)

One egg, cheese and your choice of ham, bacon or sausage on a grilled English muffin. **\$3.99**

THE BREAKFAST DELI STACK* (560 cal.)

Fresh scrambled eggs with sautéed peppers, onions and melted cheese on a grilled bagel. **\$4.99**

– A LA CARTE –

Select from any of the freshly prepared variety below and we'll build it your way.

- **2 EGGS*** (140 cal.) - \$1.99
- **GOLDEN HASH BROWNS** (190 cal.) - \$1.99
- **2 SLICES OF TOAST, SMUCKER'S JELLY** (490-550 cal.) - \$1.79
- **2 SAUSAGE PATTIES** (220 cal.) - \$1.99
- **2 SAUSAGE LINKS** (160 cal.) - \$1.99
- **CUP OF FRESH SEASONAL FRUIT** (60 cal.) - \$1.99
- **EGG WHITE SCRAMBLE*** (70 cal.) - \$1.99
- **2 STRIPS OF BACON** (180 cal.) - \$1.99
- **2 TURKEY SAUSAGE PATTIES** (160 cal.) - \$1.99
- **SLICE OF HAM** (200 cal.) - \$2.99
- **1 PANCAKE** (110 cal.) - \$1.99
- **1 FRENCH TOAST** (150 cal.) - \$1.99

– BEVERAGES –

Juice or Milk (170-300 cal.) - \$1.99

Cappuccino (260 cal.) - \$1.99

Hot Chocolate (260 cal.) - \$1.99

Unlimited Caribou Coffee **\$1.99**

Unlimited Coca-Cola Products (0-240 cal.) - **\$1.99**

Unlimited Iced Tea (5-80 cal.) - **\$1.99**

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CAESAR SALAD

CALIFORNIA BURGER

LUNCH FAVORITES

Same delicious dinner recipes in a lunch-size portion. Available 11 a.m. to 4 p.m.

fresh greens

COBB SALAD Fresh Romaine lettuce with grilled chicken, crumbled bacon, slices of hard-boiled eggs, diced tomatoes, sliced avocados, black olives and Bleu cheese crumbles. **\$8 (590 cal.)**
Add your choice of salad dressing (25–300 cal.)

SEARED AHI TUNA OR SNOW CRAB SALAD Fresh mixed greens with red chili strips, tomatoes, cilantro and Ginger Lime Garlic dressing. Topped with your choice of seared ahi tuna (240 cal.) or snow crab (210 cal.). **\$9**

ASIAN CHICKEN SALAD Fresh shredded lettuce and cabbage tossed with carrots, snap peas, red peppers and Sesame Ginger dressing. Topped with tender grilled chicken, wontons, green onions and a drizzle of Szechuan Peanut sauce. **\$7 (370 cal.)**
Substitute shrimp **\$9 (290 cal.)**

CAESAR SALAD Crisp Romaine lettuce with shredded Parmesan cheese, tossed with our house Caesar dressing and garnished with seasoned croutons. **\$5 (200 cal.)** With chicken **\$7 (330 cal.)**
With shrimp **\$8 (240 cal.)** With salmon **\$9 (350 cal.)**

SOUP AND SALAD COMBO A cup of soup and a house salad. **\$6 (160–340 cal.)** Add your choice of salad dressing (25–300 cal.)

entrées

BLACKENED SHRIMP TACOS Grilled Cajun shrimp and cabbage slaw in two flour tortillas, topped with sour cream. Served with tortilla chips and house-made salsa. **\$9 (640 cal.)**
Substitute ahi tuna **\$10 (610 cal.)**

PASTA ALFREDO Linguine tossed with a rich Alfredo sauce and garnished with Parmesan cheese and fresh parsley. Served with a garlic roll. **\$7 (630 cal.)** With grilled vegetables **\$8 (660 cal.)**
With chicken **\$9 (760 cal.)** With shrimp **\$10 (670 cal.)**

BAKED CAVATAPPI Pasta with our Marinara sauce and Graziano sausage, topped with a three-cheese blend of Mozzarella, Provolone and Cheddar, baked to a golden brown and finished with fresh basil. Served with a garlic roll. **\$9 (640 cal.)**

sandwiches & burgers

Served with hand-cut fries or any Traditional side (see side dishes for calories). All sandwich and burger buns are made from a Hy-Vee exclusive recipe, baked fresh in every store and served grilled with our signature Parmesan spread. Any sandwich or burger can be made as a wrap. Portobello mushroom or chicken available for burger substitution. Gluten-free bun available upon request.

MONTE CRISTO CLUB A double stack of our house-smoked turkey and ham, with bacon, Parmesan mayo, Pepper Jack cheese, lettuce and tomatoes on grilled, egg-dipped sourdough bread. Half sandwich served with Spiced Apple jam. **\$8 (760 cal.)**

SPICY THAI PEANUT CHICKEN SANDWICH A tender marinated chicken breast topped with Peanut sauce, Asian slaw, Sesame dressing and chopped peanuts. **\$8 (590 cal.)**

PULLED PORK SANDWICH Hickory House® smoked pork topped with BBQ sauce. Served on a grilled bakery-fresh bun. **\$7 (460 cal.)**

BUFFALO CHICKEN SANDWICH A grilled (550 cal.) or crispy (610 cal.) chicken breast, tossed in Buffalo sauce. **\$8**

HY-WAIIAN BURGER* A juicy, soy sauce-glazed burger topped with mango-pineapple salsa and candied bacon. **\$8 (700 cal.)**

CHEESEBURGER* Choose from American, Cheddar, Swiss, Pepper Jack, Bleu cheese crumbles, Smoked Gouda or Colby Jack cheese. **\$7 (830–870 cal.)**

MAC-N-CHEESE BURGER* Topped with White Cheddar macaroni and cheese, bacon, Colby Jack cheese and toasted panko bread crumbs. Served open-faced on fresh-baked artisan sourdough bread. **\$7 (670 cal.)**

CALIFORNIA BURGER* Topped with ripe avocado, onions, bacon, tomatoes and Sweet and Spicy sauce. **\$8 (760 cal.)**

BURGER OF THE MONTH Ask your server for details.

*Consumer Advisory: Hamburgers, steaks and eggs are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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appetizers

Each appetizer serves three.

BRUSCHETTA Sliced Roma tomatoes and fresh Mozzarella on top of four slices of grilled bakery-fresh bread that's brushed with garlic. Drizzled with a Balsamic reduction and olive oil, topped with basil chiffonade and Parmesan cheese. **\$8 (240 cal. per serving)**

SPINACH ARTICHOKE DIP A rich and creamy blend of spinach and tender artichokes, served bubbling hot with toasted pita chips. **\$8 (310 cal. per serving)**

FIRECRACKER SHRIMP Shrimp coated in a light batter and cooked until crispy, then tossed in sweet and spicy Firecracker sauce. **\$10 (240 cal. per serving)**

CHICKEN QUESADILLA Grilled flour tortilla filled with tender grilled chicken, cheese and pico de gallo. Served with sour cream, lettuce and salsa. **\$9 (310 cal. per serving)**
Add guacamole **\$1 (40 cal. per serving)**

NACHOS House-made tortilla chips topped with pico de gallo, lettuce, tomatoes, onions and house-made queso. Served with a side of sour cream. **\$6 (300 cal. per serving)**
Jalapeños available upon request **(15 cal. per serving)**
Add guacamole **\$1 (40 cal. per serving)**
Add ground beef **(80 cal. per serving)**, pulled pork **(80 cal. per serving)** or chicken **(70 cal. per serving)** **\$2**

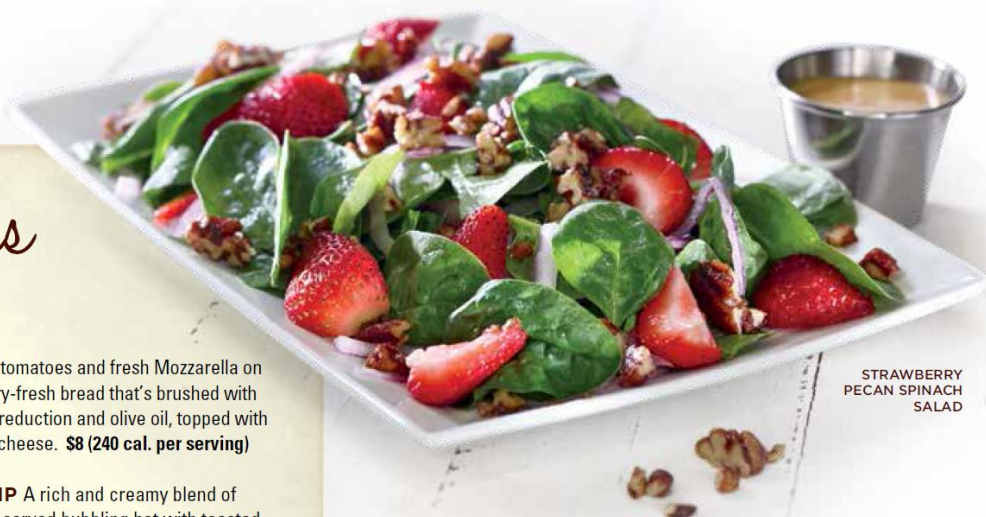
BACON, JALAPEÑO AND MAPLE WONTONS Crispy wontons with a unique sweet and spicy flavor, garnished with spicy mayo. **\$9 (280 cal. per serving)**

CRAB DIP Cheese dip with crab, green onions, cucumbers, lemon juice and soy sauce. Served warm with toasted pita chips. **\$10 (360 cal. per serving)**

COLOSSAL WINGS Jumbo traditional wings **(370–410 cal. per serving)** or boneless wings **(190–220 cal. per serving)**, served with your choice of sauce: BBQ, Traditional Buffalo, Teriyaki or Sweet Chili. **\$10**


PEPPERONI PINWHEELS Premium pepperoni and a three-cheese blend rolled into a pizza dough and sliced. Four rolls, served with our house Marinara. **\$6 (170 cal. per serving)**

BEST SELLERS VARIETY PLATE Includes four Bacon, Jalapeño and Maple Wontons; four Colossal Wings; and half an order of a Chicken Quesadilla. **\$15 (240–260 cal. per serving)**. Serves six.



STRAWBERRY
PECAN SPINACH
SALAD


fresh greens

COBB SALAD  Fresh Romaine lettuce with grilled chicken, crumbled bacon, slices of hard-boiled eggs, diced tomatoes, sliced avocados, black olives and Bleu cheese crumbles. **\$15 (1150 cal.)**

SNOW CRAB SALAD WITH KALE A delicious balance of fresh kale, garlic, corn, Parmesan cheese, perfectly seasoned snow crab and Ranch dressing. **\$14 (750 cal.)**

STRAWBERRY PECAN SPINACH SALAD A sweet and crunchy salad with spinach, red onions, strawberries, candied pecans and Honey Mustard dressing. **\$10 (580 cal.)**

SEARED AHI TUNA OR SNOW CRAB SALAD Fresh mixed greens with red chili strips, tomatoes, cilantro and Ginger Lime Garlic dressing. Topped with your choice of seared ahi tuna **(480 cal.)** or snow crab **(420 cal.)**. **\$16**

ASIAN CHICKEN SALAD  Fresh shredded lettuce and cabbage tossed with carrots, snap peas, red peppers and Sesame Ginger dressing. Topped with tender grilled chicken, wontons, green onions and a drizzle of Szechuan Peanut sauce. **\$12 (800 cal.)**
Substitute shrimp **\$14 (630 cal.)**

CAESAR SALAD Crisp Romaine lettuce with shredded Parmesan cheese, tossed with our house Caesar dressing and garnished with seasoned croutons. **\$8 (390 cal.)** With chicken **\$12 (640 cal.)**
With shrimp **\$13 (470 cal.)** With salmon **\$14 (690 cal.)**

SALAD DRESSINGS Balsamic Vinaigrette **(140 cal.)**, Bleu Cheese **(260 cal.)**, Caesar **(170 cal.)**, French **(300 cal.)**, Honey Mustard **(190 cal.)**, Italian **(170 cal.)**, Raspberry Vinaigrette **(110 cal.)**, Ranch **(150 cal.)**, Sesame Ginger **(140 cal.)**, Thousand Island **(250 cal.)**
Fat-Free: French **(80 cal.)**, Italian **(25 cal.)**, Ranch **(80 cal.)**



BACON, JALAPEÑO
AND MAPLE WONTONS




CALIFORNIA
ROLL

HOT NIGHT

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.

 Signature selection

 Gluten-friendly (when ordered with a Gluten-friendly side and/or dressing).

sushi

CALIFORNIA ROLL

Avocados, cucumbers and surimi.

4 pieces \$4 (230 cal.)
9 pieces \$7 (450 cal.)

VEGETABLE ROLL

Avocados, cucumbers and carrots.

4 pieces \$4 (180 cal.)
9 pieces \$7 (350 cal.)

AVOCADO ROLL

Roasted seaweed, rice and avocados.

4 pieces \$4 (150 cal.)
12 pieces \$8 (430 cal.)

TUNA ROLL

Tuna, avocados and cucumbers.

9 pieces \$9 (360 cal.)

SALMON ROLL

Salmon, avocados and cucumbers.

9 pieces \$9 (410 cal.)

EEL ROLL

BBQ eel, avocados and cucumbers, topped with eel sauce.

9 pieces \$12 (490 cal.)

SALMON TARTARE

Southwest salmon, avocados, scallions, seaweed salad and lime.

4 oz. \$10 (180 cal.)

TUNA TARTARE

Five-spice tuna, avocados, scallions, seaweed salad and lime.

4 oz. \$12 (130 cal.)

CHEF'S SPECIALTY

PLATTER Includes Seaweed Salad (4 oz.), California Roll (4 pieces), Nigiri* (4 pieces) and Tempura Roll (4 pieces).

\$20 (920–1160 cal.)

SPIDER ROLL

Soft-shell crab, avocados, cucumbers and surimi, topped with tobiko.

9 pieces \$16 (740 cal.)

CHA-CHING

Shrimp, tuna, salmon, tilapia and surimi, tempura-fried and topped with spicy mayo and Teriyaki sauce.

9 pieces \$14 (740 cal.)

NIGIRI PREMIUM

Seasoned rice topped with tuna (590 cal.), salmon (840 cal.), tilapia (540 cal.), shrimp (540 cal.) or eel (1090 cal.).

9 pieces \$16

HOT NIGHT

Avocados, cucumbers, surimi and tempura shrimp, topped with salmon, spicy mayo and Teriyaki sauce.

9 pieces \$16 (780 cal.)

Asian

DINNER FOR ONE

Choice of one entrée, soup, appetizer and rice or noodles. \$10

DINNER FOR TWO

Choice of two entrées, soup, two appetizers and rice or noodles. \$18

APPETIZERS

Crab Rangoon (130 cal.)
Egg Roll (180–190 cal.)
Bacon, Jalapeño and Maple Wonton (140 cal.)

ENTRÉES

Firecracker Shrimp (330 cal.)
General Chicken (370 cal.)
Mongolian Beef (210 cal.)
Orange Chicken (380–420 cal.)
Pepper Beef (240 cal.)
Sesame Chicken (410 cal.)
Triple Delight (220 cal.)

SOUPS

Hot & Sour (110 cal.)
Egg Drop (100 cal.)

RICE OR NOODLES

Fried Rice (410 cal.)
Steamed Rice (190 cal.)
Lo Mein (390 cal.)

pizza & flatbreads

Calories are based on a single slice. 16" pizza has 12 slices; 12" pizza has 8 slices; and flatbread pizza has 4 slices.

TOMATO MOZZARELLA Sliced Roma tomatoes, Mozzarella pearls and our Italian seasoning, topped with fresh basil.
16" \$16 (130–240 cal.) • 12" \$12 (120–230 cal.) • Flatbread \$8 (130 cal.)

MEAT CRAVERS Italian sausage, bacon, Canadian bacon, beef, pork sausage and pepperoni.
16" \$17 (300–380 cal.) • 12" \$13 (290–360 cal.) • Flatbread \$9 (170 cal.)

SPINACH ARTICHOKE Inspired by our delicious spinach artichoke dip — plenty of cheese and all the same ingredients and flavors atop a pizza crust.
16" \$17 (170–300 cal.) • 12" \$13 (160–270 cal.) • Flatbread \$9 (165 cal.)

CRAB RANGOON Creamy crab Rangoon filling, fried wonton strips and a drizzle of Sweet and Sour sauce.
16" \$17 (270–370 cal.) • 12" \$13 (220–280 cal.) • Flatbread \$9 (230 cal.)

SICILIAN Meatballs, Italian sausage and spices, fresh Mozzarella and basil.
16" \$17 (290–300 cal.) • 12" \$13 (230–280 cal.) • Flatbread \$9 (235 cal.)

BBQ CHICKEN Cookies® BBQ sauce, Mozzarella, Cheddar and Provolone cheeses, oven-roasted chicken, green onions and caramelized red onions.
16" \$17 (170–280 cal.) • 12" \$13 (160–250 cal.) • Flatbread \$9 (140 cal.)

create your own

ONE TOPPING 16" \$14 (Additional toppings \$1 each) • 12" \$10 (Additional toppings 75¢ each) • Flatbread \$7.50 (Additional toppings 50¢ each)

CRUSTS

Traditional (210/260 cal.)
Thin (150/170 cal.)
Tuscano Cracker (150/170 cal.)
Flatbread (130 cal.)

Calories are based on a slice of cheese pizza.

TOPPINGS

Pepperoni (29–58 cal.)	Beef (20–54 cal.)	Jalapeños (3–5 cal.)	Tomatoes (1–3 cal.)
Italian sausage (24–66 cal.)	Bacon (33–78 cal.)	Spinach (1–4 cal.)	Mushrooms (1–4 cal.)
Pork sausage (28–57 cal.)	Onions (3–7 cal.)	Pineapple (4–8 cal.)	Black olives (9–19 cal.)
Canadian bacon (16–27 cal.)	Peppers (1–3 cal.)	Extra cheese (23–53 cal.)	Green olives (10–24 cal.)

Calories are based on additional toppings per slice.



TOMATO MOZZARELLA FLATBREAD PIZZA

CHA-CHING



HY-WAIIAN
BURGER



FILET

sandwiches & burgers

Served with hand-cut fries or any Traditional side (see side dishes for calories). All sandwich and burger buns are made from a Hy-Vee exclusive recipe, baked fresh in every store and served grilled with our signature Parmesan spread. Any sandwich or burger can be made as a wrap. Portobello mushroom or chicken available for burger substitution. Gluten-free bun available upon request.

MONTE CRISTO CLUB A double stack of our house-smoked turkey and ham, with bacon, Parmesan mayo, Pepper Jack cheese, lettuce and tomatoes on grilled, egg-dipped sourdough bread. Served with Spiced Apple jam. **\$12 (2150 cal.)**

BUFFALO CHICKEN SANDWICH A grilled (820 cal.) or crispy (990 cal.) chicken breast, tossed in Buffalo sauce. **\$11**

PULLED PORK SANDWICH Hickory House® smoked pork topped with BBQ sauce. Served on a grilled bakery-fresh bun. **\$11 (760 cal.)**

SPICY THAI PEANUT CHICKEN SANDWICH A tender marinated chicken breast topped with Peanut sauce, Asian slaw, Sesame dressing and chopped peanuts. **\$12 (910 cal.)**

REUBEN Sliced corned beef served warm on our toasted marble rye bread topped with Swiss cheese, Thousand Island dressing and sauerkraut. **\$11 (1130 cal.)**
Also available: **Rachel** (turkey & coleslaw) **\$11 (1260 cal.)**

PORTO-VEGGIE A marinated portobello mushroom, grilled and topped with sautéed, grilled red peppers, zucchini, carrots, onions, yellow squash and spinach. **\$10 (850 cal.)**

JUMBO BREADED TENDERLOIN Hand-breaded pork tenderloin served on a grilled bakery-fresh bun. **\$9 (890 cal.)**

HY-WAIIAN BURGER* A juicy, soy sauce-glazed burger topped with mango-pineapple salsa and candied bacon. **\$13 (1300 cal.)**

CHEESEBURGER* Choose from American, Cheddar, Swiss, Pepper Jack, Bleu cheese crumbles, Smoked Gouda or Colby Jack cheese. **\$11 (1140–1180 cal.)**

MAC-N-CHEESE BURGER* Topped with White Cheddar macaroni and cheese, bacon, Colby Jack cheese and toasted panko bread crumbs. Served open-faced on fresh-baked artisan sourdough bread. **\$11 (1260 cal.)**

RISE-AND-SHINE BURGER* Topped with breakfast favorites: an egg, Canadian bacon and Smoked Gouda. **\$12 (1340 cal.)**

BRISKET BURGER* A BBQ lovers burger with delicious smoked brisket complemented with thick bacon and grilled onions. **\$14 (1320 cal.)**

CALIFORNIA BURGER* Topped with ripe avocado, onions, bacon, tomatoes and Sweet and Spicy sauce. **\$12 (1300 cal.)**

BURGER OF THE MONTH Ask your server for details.

SANDWICH & BURGER ADD-ON OPTIONS

Avocado **\$1 (140 cal.)**
Cheese **\$1 (180–220 cal.)**
Bacon **\$1.50 (170 cal.)**
Sautéed onions and mushrooms **\$1 (60 cal.)**

steaks & chops

Served with your choice of an additional Traditional side (see side dishes for calories).

FILET* A tender, 100% natural Hy-Vee Choice Reserve® steak, grilled to your liking. Served with a baked potato.
8 oz. **\$25 (530 cal.)** 5 oz. **\$18 (400 cal.)**

RIBEYE* A well-marbled, mouthwatering 12 oz. Hy-Vee Choice Reserve steak, grilled to your liking. Served with a baked potato. **\$25 (1260 cal.)**

TOP SIRLOIN* An 8 oz. Hy-Vee Choice Reserve steak, grilled to your liking. Served with a baked potato. **\$15 (660 cal.)**

STEAK & ALE SHEPHERD'S PIE A hearty and delicious flavor burst of beef, garlic, caramelized onion, Parmesan cheese and mashed potatoes. **\$14 (880 cal.)**

DOUBLE-CUT PORK CHOP A Midwest favorite, seared and finished with a Caramelized Onion and Garlic Demi sauce. Served with a baked potato. **\$14 (1190 cal.)**

ADD-ON OPTIONS

Shrimp skewer **\$5 (90 cal.)**
Portobello mushrooms and onions **\$2 (160 cal.)**
Bleu cheese crumbles **\$2 (200 cal.)**
Chef's gourmet rub **\$1 (15 cal.)**
Chef's steak sauce **\$1 (50 cal.)**



SEARED SCALLOPS



BAKED CAVATAPPI

pasta

Served with a house salad and garlic roll. Add your choice of salad dressing (25–300 cal.).

VODKA SAUCE RAVIOLI Cheese-stuffed pasta, butter, garlic, Alfredo and Marinara sauces, topped with Parmesan cheese. **\$19 (870 cal.)**

SNOW CRAB AND SHRIMP LINGUINE* Sautéed crab and shrimp with garlic, onions and grape tomatoes, tossed with linguine in a rich Alfredo sauce. **\$19 (1230 cal.)**

BAKED CAVATAPPI Pasta with our Marinara sauce and Graziano sausage, topped with a three-cheese blend of Mozzarella, Provolone and Cheddar, baked to a golden brown and finished with fresh basil. **\$15 (1290 cal.)**

CHICKEN PARMESAN Cavatappi pasta tossed with Marinara sauce and your choice of a grilled (**1090 cal.**) or crispy (**1270 cal.**) chicken breast baked to a golden brown. Topped with Parmesan cheese and fresh basil. **\$16**

GRILLED EGGPLANT PARMESAN Grilled eggplant slices topped with marinated Roma tomatoes and fresh Mozzarella. Served with Marinara on a bed of linguine. Topped with Parmesan cheese and fresh basil. **\$15 (1120 cal.)**

FULLY LOADED WHITE CHEDDAR MAC-N-CHEESE Gourmet White Cheddar Mac-N-Cheese with bacon, onions, extra cheese, your choice of Graziano sausage (**1590 cal.**) or snow crab (**1490 cal.**) and panko bread crumbs. **\$13**

PASTA ALFREDO Linguine tossed with a rich Alfredo sauce and garnished with Parmesan cheese and fresh parsley. **\$11 (970 cal.)**
With grilled vegetables **\$13 (1030 cal.)**
With chicken **\$15 (1220 cal.)**
With shrimp **\$16 (1050 cal.)**

seafood & chicken

Served with your choice of an additional Traditional side (see side dishes for calories).

DRUNKEN SNOW CRAB LEGS Lemon, garlic and premium ale. Steamed and served with drawn butter and a baked potato. **\$20 (1280 cal.)**

GRILLED MT. COOK SALMON A tender salmon fillet, lightly seasoned and grilled over an open flame. Served atop a wild rice blend. **\$16 (590 cal.)**

BLACKENED SHRIMP TACOS Grilled Cajun shrimp and cabbage slaw in three flour tortillas, topped with sour cream. Served with tortilla chips and house-made salsa. **\$15 (810 cal.)** Substitute ahi tuna **\$16 (780 cal.)**

SEARED SCALLOPS Succulent sea scallops seared to perfection, served with grilled mixed vegetables and topped with a fresh citrus glaze. **\$19 (290 cal.)**

AHI TUNA* Pan-seared and finished with a sweet soy glaze and grilled mango salsa. Served with wild rice. **\$16 (560 cal.)**

SEARED HALIBUT WITH MANGO SALSA The perfect complement to white and mild halibut is fresh, crunchy mango and jicama salsa. **\$20 (290 cal.)**

CHICKEN SALTIMBOCCA Pan-seared chicken breast covered in fresh-melted Mozzarella and crisped prosciutto. Completed with a Lemon-Butter pan sauce. Served with sautéed spinach and tomatoes. **\$16 (1150 cal.)**

SMOTHERED CHICKEN Grilled marinated chicken breast with sautéed mushrooms and onions and a mountain of Smoked Gouda. Served with garlic mashed potatoes. **\$14 (860 cal.)**

side dishes

Upgrade any Traditional side to a Signature side, only \$1.

TRADITIONAL á la carte \$3

Wild rice (**120 cal.**)
Creamy coleslaw (**190 cal.**)
Hand-cut fries (**650 cal.**)
Sweet potato fries (**610 cal.**)
Plain baked potato (**170 cal.**)

Garlic mashed potatoes (**140 cal.**)
Tortilla chips & salsa (**280 cal.**)
Sautéed spinach & tomatoes (**60 cal.**)
Broccoli (**60 cal.**)

Seasoned & grilled vegetables (**120 cal.**)
Cup of soup of the day
Fresh fruit (**60 cal.**)

SIGNATURE á la carte \$4

White cheddar mac (**290 cal.**)
Asparagus (**80 cal.**)
Bacon Bleu potatoes (**880 cal.**)
Caesar salad (**250 cal.**)

House salad (**60 cal.**)*
Wedge salad (**70 cal.**)*

*Add your choice of salad dressing (25–300 cal.).

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buffet

Served 11 a.m. to 8 p.m.

Your choice of our delicious offerings served from the open-window fresh-food displays of American, Italian or Asian cuisines, as well as a self-serve salad bar and desserts. ^

^ Buffet selections may vary by location.

LESS THAN 600 CALORIES

appetizer

BRUSCHETTA Sliced Roma tomatoes and fresh Mozzarella on top of three slices of grilled bakery-fresh bread that's brushed with garlic. Drizzled with a Balsamic reduction and olive oil, topped with basil chiffonade and Parmesan cheese. **\$6.50 (570 cal.)**



BRUSCHETTA

sushi

CALIFORNIA ROLL Avocados, cucumbers and surimi. 4 pieces **\$4 (230 cal.)** 9 pieces **\$7 (450 cal.)**

VEGETABLE ROLL 🍴 Avocados, cucumbers and carrots. 4 pieces **\$4 (180 cal.)** 9 pieces **\$7 (350 cal.)**

EEL ROLL* 🍴 BBQ eel, avocados and cucumbers, topped with eel sauce. 9 pieces **\$12 (490 cal.)**

SALMON ROLL* 🍴 Salmon, avocados and cucumbers. 9 pieces **\$9 (410 cal.)**

TUNA TARTARE* 🍴 Five-spice tuna, avocados, scallions, seaweed salad and lime. 4 oz. **\$12 (130 cal.)**

SALMON TARTARE* 🍴 Southwest salmon, avocados, scallions, seaweed salad and lime. 4 oz. **\$10 (180 cal.)**

fresh greens

STRAWBERRY PECAN SPINACH SALAD A sweet and crunchy salad with spinach, red onions, strawberries, candied pecans and Honey Mustard dressing. **\$10 (580 cal.)**

CAESAR SALAD Crisp Romaine lettuce with shredded Parmesan cheese, tossed with our house Caesar dressing and garnished with seasoned croutons. **\$8 (390 cal.)**
With shrimp **\$13 (470 cal.)**

DINNER SALAD Crisp Romaine lettuce topped with carrots, cabbage, tomatoes, cucumbers and croutons. **\$4 (60 cal.)**
Add your choice of dressing (**25–300 cal.**)
With chicken **\$8 (350 cal.)**
With shrimp **\$9 (180 cal.)**
With salmon **\$10 (370 cal.)**

LESS THAN 600 CALORIES

flatbread pizza

🍴 **TOMATO MOZZARELLA** Sliced Roma tomatoes, Mozzarella pearls and our Italian seasoning, topped with fresh basil. **\$8 (510 cal.)**

entrées

PORTO-VEGGIE 🍴 A marinated portobello mushroom, grilled and topped with sautéed, grilled red peppers, zucchini, carrots, onions, yellow squash and spinach. Served with a side of fresh fruit. **\$9 (520 cal.)**

BONELESS CHICKEN BREAST 🍴 A seasoned chicken breast served with a wild rice blend. **\$11 (420 cal.)**

🍴 **FILET*** 🍴 A 5 oz., 100% natural Hy-Vee Choice Reserve® steak, grilled to your liking. Served with steamed broccoli. **\$16 (290 cal.)**

🍴 **TOP SIRLOIN*** 🍴 An 8 oz. Hy-Vee Choice Reserve steak, grilled to your liking. Served with steamed broccoli. **\$13 (550 cal.)**

GRILLED MT. COOK SALMON 🍴 A tender salmon fillet, lightly seasoned and grilled over an open flame. Served with steamed broccoli. **\$14 (540 cal.)**

AHI TUNA* Pan-seared and finished with a sweet soy glaze and grilled mango salsa. Served with steamed broccoli. **\$14 (510 cal.)**

SEARED HALIBUT WITH MANGO SALSA 🍴 The perfect complement to white and mild halibut is fresh, crunchy mango and jicama salsa. Served with a wild rice blend. **\$18 (370 cal.)**

BLACKENED SHRIMP TACOS Grilled Cajun shrimp and cabbage slaw in three flour tortillas, topped with sour cream. **\$12 (530 cal.)**

🍴 **SEARED SCALLOPS** Succulent sea scallops seared to perfection, served with grilled mixed vegetables and topped with a fresh citrus glaze. **\$17 (380 cal.)**



GRILLED MT. COOK SALMON