

Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

COMBO #1 – RAVEN'S DINNER

570–1090 cals

Swedish Meatballs 

360 cals

Mashed Potatoes 

120 cals

Peas  

90 cals

COMBO #2 – CHEF'S FEATURE


820–1340 cals

Classic Poutine 

820 cals

COMBO #3 – GLOBAL

180–790 cals

Mojo Chicken & Grilled Pineapple Salad  

270 cals

Mojo Tofu & Grilled Pineapple Salad  

180 cals

COMBO #4 – VEGAN

530–1050 cals

Spaghetti & Vegan Meatballs 

450 cals

Garlic Roasted Green Beans & Mushrooms  

80 cals

COMBO #5 – DELI

190–1130 cals

Terriyaki Chicken Wrap 

190 cals

Choice of:

Quinoa Salad with Feta & Tomato  

130 cals

Fries  

420 cals

Soups

Broccoli Cheddar Soup    320 cals

Italian Wedding Soup
with Quinoa  220 cals

Salads

Mixed Greens   110 cals

Quinoa Salad with Feta
& Tomato   130 cals

Desserts

Coffee Cake   150 cals

Flourless Chocolate Cake   200 cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 –12) need an average of 1,500 calories a day. However, individual needs vary.