

# OASIS

W2-SUN-L

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

## COMBO #1 – RAVEN'S LUNCH

**200–670 cals**

Baked Cajun Cod 	70 cals
Israeli Couscous Salad 	100 cals
Broccoli  	30 cals

## COMBO #2 – CHEF'S FEATURE

**760–1230 cals**

Malibu Burger 	340 cals
Fries  	420 cals

## COMBO #3 – GLOBAL

**240–710 cals**

Sweet & Sour Tofu  	140 cals
Jasmine Rice  	100 cals

## COMBO #4 – VEGAN

**440–910 cals**

Ginger Roasted Cauliflower & Carrots   	100 cals
Lentil "Pulled Pork" Sandwich 	230 cals
BBQ Braised Cabbage  	110 cals

## COMBO #5 – DELI

**190–1080 cals**

Teriyaki Chicken Wrap 	190 cals
Choice of:	
Quinoa Salad with Feta & Tomato  	130 cals
Fries  	420 cals

## Soups

Italian Wedding Soup 	220 cals
Broccoli Cheddar Soup   	320 cals

## Desserts

Vanilla Tart 	90 cals
Coffee Cake  	150 cals

## Salads

Mixed Greens  	110 cals
Quinoa Salad with Feta & Tomato  	130 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.