


OASIS

W3-T-L

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

COMBO #1 – RAVEN'S LUNCH 380–920 cals

Coconut Curry Baked Haddock   80 cals

Fries   260 cals

Sauteed Bok Choy    40 cals

COMBO #2 – CHEF'S FEATURE 850–1390 cals

Crispy Chicken Sandwich  430 cals

Fries   420 cals

COMBO #3 – GLOBAL 150–690 cals

Chow Mein Tofu Noodle Bowl  150 cals

COMBO #4 – VEGAN 760–1300 cals

Chilean Stew   80 cals

Oven Roasted Vegetables   130 cals

BBQ Tofu Sandwich  400 cals

Vegan Fried Rice   150 cals

COMBO #5 – DELI 200–1160 cals

Tuna Salad Baguette 200 cals

Choice of:

Spinach, Corn & Quinoa Salad   190 cals

Fries   420 cals

Soups

Cream of Mushroom 220 cals

Soup   

7 Bean Chili   330 cals

Salads



Mixed Greens   110 cals

Spinach, Corn & Quinoa 190 cals

Salad  

Desserts

Carrot Cake  210 cals

Banana Cream Pie   120 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.