

# OASIS

W1-W-B

Please choose one breakfast meal option.

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## COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Bacon	40 cal
Raven's Home Fried Potato Rounds  	160 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

## COMBO #2 – RAVENS VEGAN BREAKFAST

Gochujang Tofu Breakfast Burrito 	120 cal
Raven's Home Fried Potato Rounds  	160 cal
Roasted Tomatoes  	10 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

## COMBO #3 – RAVENS VEGETARIAN BREAKFAST

Pancakes with Syrup 	140 cal
Raven's Home Fried Potato Rounds  	160 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

## COMBO #4 – RAVENS BREAKFAST SANDWICH

Vegetarian Breakfast Burrito 	280 cal
Raven's Home Fried Potato Rounds  	160 cal
Yogurt	90 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

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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.

# OASIS

W1-W-L

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

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## COMBO #1 – RAVEN'S LUNCH

Lemongrass Beef Noodle Bowl  	140 cal
Asian Greens  	10 cal

## COMBO #2 – CHEF'S FEATURE

Mac n' Cheese	460 cal
Buffalo Chicken	300 cal

## COMBO #3 – VEGAN / VEGETARIAN

BBQ Tofu  	150 cal
Roasted Mushrooms & Green Beans  	70 cal
Potato Wedges  	130 cal

## COMBO #4 – DELI




Italian Sub	280 cal
Caesar Salad	40 cal

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### Salads

Kale & Brussels	80 cal
Sprouts Salad  	
Market Greens  	110 cal

### Desserts

Oreo Cheesecake 	210 cal
Chocolate Ganache	160 cal
Cake  	

### Soup

Chicken Noodle  	140 cal
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# OASIS

W1-W-D

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## COMBO #1 – RAVEN'S DINNER

Roast Beef 	100 cal
Potatoes  	120 cal
Green Beans  	40 cal
Mustard Gravy 	15 cal

## COMBO #2 – CHEF'S FEATURE

Spaghetti & Meatballs	420 cal
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## COMBO #3 – VEGAN / VEGETARIAN

Poutine 	820 cal
Vegan Cheese Available 	Chef's Feature

## COMBO #4 – PIZZA




Chef's Feature	Chef's Feature
Chef's Feature Vegetarian	Chef's Feature

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### Salads

Kale & Brussels	80 cal
Sprouts Salad  	
Market Greens  	110 cal

### Desserts

Lemon Meringue Tart 	100 cal
Chocolate Ganache	160 cal
Cake  	

### Soup

Chicken Noodle  	140 cal
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