

Please choose one breakfast meal option.

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 – RAVEN'S 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 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH

Chef's Feature Vegetarian Sandwich 	Chef's Feature
Raven's Home Fried Potato Rounds  	160 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVEN'S 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

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.

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

COMBO #1 – RAVEN'S LUNCH

Lemongrass Beef Noodle Bowl  	180 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

Salads

Kale & Brussels	110 cal
Sprouts Salad  	
Market Greens  	15 cal

Desserts

Oreo Cheesecake 	210 cal
Chocolate Ganache	160 cal
Cake  	

Soup

Chicken Noodle  	140 cal
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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

Salads

Kale & Brussels	110 cal
Sprouts Salad  	
Market Greens  	15 cal

Desserts

Lemon Meringue Tart 	100 cal
Chocolate Ganache	160 cal
Cake  	

Soup

Chicken Noodle  	140 cal
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