

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Sausage Patty	150 cal
Home Fries with Peppers and Onions  	160 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVEN'S VEGAN BREAKFAST

Southwest Tofu Scramble   	180 cal
Home Fries with Peppers and Onions  	160 cal
Mushrooms  	40 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
Home Fries with Peppers and Onions  	160 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVEN'S BREAKFAST SANDWICH

Sausage & Egg Sandwich	400 cal
Home Fries with Peppers and Onions  	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.

OASIS

W2-M-L

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

COMBO #1 - RAVEN'S LUNCH

Baked Penne Alfredo	380 cal
Garlic Bread	170 cal
Grilled Vegetables 🌿 🌾	50 cal

COMBO #2 - CHEF'S FEATURE

Herb Grilled Chicken 🍲 🌿	120 cal
Gazpacho Salad 🌿	40 cal

COMBO #3 - VEGAN / VEGETARIAN

Butternut Tikka Masala 🌿 🌾	110 cal
Basmati Rice 🌿 🌾	110 cal

COMBO #4 - DELI

Chicken Club Wrap 🍲	310 cal
Fries 🌿 🌾	420 cal

Salads

Pasta Salad 🌿	230 cal
Market Greens 🌿 🌾	15 cal

Desserts

Rice Krispie Treats	90 cal
Salted Chocolate	140 cal
Cookies 🌾	

Soup

Chicken Noodle 🍲 🌿	140 cal
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OASIS

W2-M-D

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

COMBO #1 – RAVEN'S DINNER

Roast Beef 	100 cal
Fries  	420 cal
Roasted Brussels Sprouts  	70 cal

COMBO #2 – CHEF'S FEATURE

Crispy Chicken Burger 	160 cal
Sweet Potato Fries  	470 cal
Slaw  	120 cal

COMBO #3 – VEGAN / VEGETARIAN

Poutine 	520 cal
Vegan Cheese 	Chef's Feature



COMBO #4 – PIZZA

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

Salads

Pasta Salad 	230 cal
Market Greens  	15 cal

Desserts

Chocolate Brownie 	280 cal
Salted Chocolate	140 cal
Cookies 	

Soup

Chicken Noodle  	140 cal
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