

## BREAKFAST

7:30 - 10:30 A.M.

### Breakfast Sandwich 5.29

Egg, American cheese, choice of bread and meat

### Breakfast Wrap 6.39

Eggs, Monterey Jack cheese, home fries, jalapeños and choice of meat

### Breakfast Omelet 5.99

Eggs, Monterey Jack cheese, bell peppers, onions and choice of meat

### Pancake Plate 6.99

Three pancakes, two eggs and your choice of meat

### Scrambler 7.29

Scrambled eggs, home fries, Monterey Jack cheese, sausage, onions and jalapeños

### Biscuits & Gravy 4.29

Two buttermilk biscuits, covered with creamy gravy

### Hearty Start 6.49

Two eggs, cooked any style, your choice of bacon, ham or sausage, hash browns and your choice of Texas toast or a biscuit

### Biscuit Tower 7.69

Sausage, fried egg, hash browns and cream gravy all atop a biscuit

### Oatmeal 5.29

With fresh berries

*Breakfast Meat Choices: Sausage, bacon or ham*

*Breakfast Bread Choices: Croissant, English muffin, or white toast*

*Bagel +.90*

## DESSERTS

Cupcakes 3.29 Cinnamon roll 2.99 Brownie 2.49

Cookies 1.89 Hello Dollie 3.29 Muffin 3.29

Turnovers 2.99 Lemon bar 3.29

## BEVERAGES

Fountain Drinks 1.89 Peace Tea 2.89

Soft Drink/Tea Refill .95 Juice 2.89

Bottled Water 1.89 Honey Ginger Lemonade 2.69

### STARBUCKS COFFEE

Tall 2.09 / Grande 2.39 / Venti 2.79

## BURGERS

*Includes side of your choice*

*Veggie patty or turkey patty available*

### Hamburger 8.39

Beef patty, lettuce, tomato, onion, pickles and mustard on a potato bun  
*+ Add cheese .59*

### Avocado Bacon Cheese Burger 9.09

Beef patty, bacon, cheddar cheese, lettuce, tomato, avocado and mayo on white toast

### Hickory Bacon Burger 9.29

Beef patty, cheddar cheese, bacon, onion and barbecue sauce on a potato bun

### Queso burger 8.69

Beef patty topped with house-made queso served on a potato bun with tortilla chips and salsa

### Southwest Turkey Burger 9.29

Turkey patty, cheddar cheese, avocado, salsa, lettuce and jalapenos on a potato bun

## PIZZA

### Pepperoni 8.99

Red sauce topped with mozzarella cheese, pepperoni and Parmesan

### Meat Lovers 10.09

Red sauce topped with mozzarella cheese, pepperoni, meatball crumbles, ham, bacon and Parmesan

### Supreme 10.09

Red sauce topped with pepperoni, meatball crumbles, bell pepper, mozzarella and Parmesan cheese

### Mediterranean 10.39

Red sauce topped with tomatoes, Kalamata olives, mozzarella and Parmesan cheese

### Great White 8.89

Alfredo sauce layered with grilled chicken, bacon, tomatoes, spinach topped with mozzarella and Parmesan cheese

### Cheese 8.09

Red sauce topped with mozzarella and Parmesan cheese

The Jeannine Rainbolt  
**Healthy  Hearth**

**(405) 271-1685**

**FOLLOW US ON SOCIAL MEDIA**



/OUHSCDINING



@OUHSCDINING



@OUHSCDINING

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.*

## SALADS

### Caesar 5.79

Chopped romaine, Parmesan cheese, croutons with Caesar dressing on the side  
+ Add grilled chicken breast \$2.99, salmon fillet \$4.29

### Greek 6.79

Chopped romaine, artichokes, Kalamata olives, grape tomatoes, feta cheese, pepperoncinis and cucumbers with lemon vinaigrette on the side  
+ Add grilled chicken breast \$2.99, salmon fillet \$4.29

### Turkey Cobb Salad 8.49

Chopped romaine, turkey, egg, Monterey Jack cheese, grape tomatoes, onions and sliced avocado with ranch dressing on the side

### Skinny Salad 6.29

Chopped romaine, carrots, broccoli, grape tomatoes, cucumbers, sunflower seeds with fat-free ranch on the side  
+ Add grilled chicken breast \$2.99, salmon fillet \$4.29

### Southwest Crispy Chicken 8.49

Chopped romaine, crispy chicken tenders, Monterey Jack cheese, black bean corn salsa, tomatoes and tortilla strips with chipotle ranch on the side

### Strawberry Spinach Salad 6.79

Spinach, strawberries, candied pecans, blue cheese crumbles with balsamic vinaigrette on the side  
+ Add grilled chicken breast \$2.99, salmon fillet \$4.29

### Garden Salad 5.79

Chopped romaine, cucumbers, grape tomatoes, croutons with choice of dressing on the side  
+ Add grilled chicken breast \$2.99, salmon fillet \$4.29

### Chef Salad 7.99

Chopped romaine, turkey, ham, boiled egg, carrot, Monterey Jack cheese, grape tomato, ranch dressing on the side

### Nourish Bowl 7.99

Chopped romaine, cucumber, avocado, onion, shredded carrot, chickpea and grape tomato served with regular hummus and lemon vinaigrette on the side

#### Salad Dressing Options:

Ranch, chipotle ranch, Caesar, fat-free ranch, honey mustard, lemon vinaigrette or balsamic vinaigrette

## SANDWICHES

*Includes side of your choice*

### Pulled Pork Sandwich 8.89

Tender slow cooked pulled pork with barbecue sauce served on a toasted ciabatta bun

### Chicken Salad Sandwich 7.69

House-made chicken salad, lettuce and tomato served on wheat toast

### Turkey Avocado 8.49

Turkey breast, cheddar cheese, lettuce, tomato, avocado and pesto mayo served on a wheat toast

### Chicken Ranch Wrap 7.69

Grilled chicken, ranch, lettuce and tomato on a whole wheat wrap

### Caprese Sandwich 7.79

Artichokes, Dusseldorf mustard, spinach, red peppers, fresh mozzarella on a toasted ciabatta bun

### Chicken Ciabatta 7.99

Grilled chicken, cheddar cheese, lettuce, tomato, Dusseldorf mustard served on a toasted ciabatta bun

### Tuna Melt 7.99

House-made tuna salad, American cheese and bacon served on wheat toast

### Grilled 3 Cheese 5.79

American cheese, Swiss cheese, cheddar cheese served on Texas toast

### BLT 6.09

Bacon, lettuce, tomato and mayonnaise served on Texas toast

### Green Goddess Sandwich 6.79

Fresh mozzarella cheese, cucumbers, spinach, avocado, house-made pesto mayo on wheat toast

## SOUP

### House-Made Chicken Noodle 4.99 / 5.49

Served with a slice of cheesy bread

### House-Made Tomato Basil 4.99 / 5.49

Served with a slice of cheesy bread

### Soup of the Day 4.99 / 5.49

Served with a slice of cheesy bread

### Chicken or Beef Broth 0.79

## ENTREES

### Roasted Veggie Quesadilla 7.99

Bell pepper, onions, mushroom, mozzarella and feta cheeses inside a whole wheat wrap served with salsa

### Chicken Quesadilla 10.29

Diced grilled chicken, tomatoes, onions and Monterey Jack cheese inside a whole wheat wrap served with salsa

### Beef or Chicken Nachos 8.49

House-fried tortilla chips topped with house-made queso, melted Monterey Jack cheese, seasoned ground beef or chicken, tomatoes and black beans, served with jalapenos and salsa

### Meatloaf 10.29

House-made meatloaf topped with brown gravy, served with a side of mashed potatoes and steamed vegetables

### Alfredo Chicken Fettuccine 8.39

Fettuccine, chicken breast and Alfredo sauce topped with Parmesan cheese served with a side of cheesy bread

### Pasta Primavera 7.49

Penne pasta and vegetables toasted in a warm alfredo sauce, served with a slice of cheesy bread on the side

### Salmon 9.29

Seasoned salmon fillet served atop a bed of rice with a side of steamed veggies

### Garlic Chicken 8.99

Grilled chicken served on top of sautéed spinach covered with garlic butter served with Asian slaw and cheesy bread

### Baked Potato 3.79

Butter Only

**Loaded (4.89)** Includes butter, sour cream, cheese, chives and bacon bits

**Loaded with Meat (6.79)** Includes butter, sour cream, cheese, chives, bacon bits and your choice of turkey, seasoned beef or chicken breast

## SIDES

Seasoned rice 2.49

Fries 2.49

Potato Wedges 2.49

Sweet Potato Fries 2.49

Mashed Potatoes 2.49

Asian Broccoli Slaw 2.49

Chips 1.49

Fruit Salad 3.19

Side Garden Salad 2.99

Side Caesar Salad 2.99

Side Strawberry Salad 3.19

Chips and Queso 3.79

Cup of Soup 3.99

Bowl of Soup 5.49