HALAL FOOD @ Arnold

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Nori Grill – Asian Rice Bowls & BYO Ramen Bowls

**BYO Ramen**

*All Toppings are Halal* ***(except Honey Cured Bacon)***

 Noodles

* Ramen Noodles
* Rice Noodles
* Udon Noodles

 Broth

* Miso Broth

 Protein

* Tofu

**Sides**

Togarashi Tots

The Grill – BYO Burgers & Fries

*All Cheeses and Toppings are Halal* ***(except bacon)***

Bun

* Whole Wheat Hamburger Bun
* GF Hamburger Bun

Protein Options

* Beef Patty
* Lamb Patty
* Chicken Breast
* Chicken Strips

French Fries & Fry Sauce

Potato Salad

The Deli & Salad Bar – BYO Sandwiches, Salads, and Acai Bowls

**BYO Sandwiches**

*All Breads, Cheeses, and Toppings are Halal*

Spreads

* Mayonnaise
* Pesto Mayo
* Hummus
* Yellow Mustard
* Guacamole

 Protein

* Egg Salad
* Chicken Breast Strips
* Tuna Salad

**Pasta** (variable availability)

* Baked Ziti
* Cheese Ravioli with Alfredo Sauce
* Cheese Manicotti with Pesto Cream

**Pizza –** *please be advised that pizzas are made in a shared oven*

* South Side Cheese Pizza
* South Side Garden Vegetable Pizza

**Panini –**

* Cheeses Panini

**Soup** **–**

* Tomato Soup

Global Fare – Breakfast & Rotating Dinner Specials

Global Fare offers a wide variety of rotating, gluten-free food options that will be available throughout each term. The available options can be seen on our website or in-person.

**Breakfast**

Entrees

* Breakfast Sandwich with Veggie Sausage
* Tofu Scramble
* French Toast
* Buttermilk Pancakes

Sides

* Scrambled Eggs
* Hash Brown Triangles

**Brunch**

* Baked Ziti
* Cheese Ravioli w/Red Pepper Sauce
* Garlic Bread
* Roasted Broccoli

**Lunch & Dinner –** *menu options will vary throughout each term, rotating availability throughout each week*

Sides

* + Mac and Cheese (3, 6, 9)
	+ Refried Black Beans (1,4,7,10)
	+ Nacho Cheese Sauce (1,4,7,10)
	+ Pico De Gallo (1,4,7,10)
	+ Cuban Black Beans (1,4,7,10)
	+ Red Onion, Sliced, Ap (2,5,8)
	+ Tomato, Sliced, AP (2,5,8)
	+ Kalamata Olives, Sliced (2,5,8)
	+ Tzatziki Sauce (2,5,8)
	+ Feta Cheese Crumbles (2,5,8)
	+ Lettuce, Spring Mix, AP (2,5,8)
	+ Greek Tomato and Cucumber Salad (2,5,8)
	+ Grilled Pita Bread (3,6,9)
	+ Corn Cheese (3,6,9)

Base/Starch

* Ancho Grilled Potatoes (1,4,7,10)
* Cilantro Lime Rice (1,4,7,10)
* Spanish Rice (1,4,7,10)
* Chipotle Whipped Sweet Potatoes (1,4,7,10)
* Sour Cream and Chive Mashed Potatoes (2,5,8)
* Herbed Couscous (2,5,8)
* Vegan Herb Roasted Potatoes (2,5,8)
* Au Gratin Potatoes (2,5,8)
* Chimichurri Rice (3,6,9)
* Baked Potatoes (weeks 3,6,9)
	+ Argentinian Grilled Potatoes (3,6,9)
	+ BBQ Pulled Oats (3,6,9)
	+ Sushi Rice (3,6,9)

Vegetables

* + Chili Garlic Roasted Broccoli (1,4,7,10)
	+ Elote Cup (1,4,7,10)
	+ Green Beans w/Toasted Almonds (2,5,8)
	+ Swiss Chard (2,5,8)
	+ Shitake Mushroom and Asparagus Tart (2,5,8)
	+ Organic Spinach (2,5,8)
	+ Spinach and Garlic (2,5,8)
	+ Roasted parsnips and walnuts (2,5,8)
	+ Grilled Aubergine (Eggplant) and Peppers (3,6,9)
	+ Caramelized Yellow Onions (3,6,9)
	+ Sauteed Mushrooms (3,6,9)
	+ Roasted Broccoli (3,6,9)

Protein/Entree

* Vegan Chili (weeks 3,6,9)
* Chayote con Ajis (1,4,7,10)
* Chili Garlic Roasted Broccoli (1,4,7,10)
* Vegan Chorizo for Tacos (1,4,7,10)
* Vegan Spiced Cauliflower Tacos (1,4,7,10)
* Brussels and Caramelized Onion Quesadilla (1,4,7,10)
* Provencal Stew (2,5,8)
* Falafel (2,5,8)
* Argentinian Vegetable Empanadas (3,6,9)

HALAL @ Memorial Union

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Off the Quad – Breakfast & Lunch

**Breakfast**

Acai Bowl (acai sorbet topped with GFF granola, banana, blackberries, pineapple, coconut flakes)

Avocado Toast with Pico & Egg

Avocado Toast with Mango Salsa

Biscuit w/Jam and Butter

Chocolate Chip Berry Jam Overnight Oats

Peanut Butter Jelly Overnight Oats

**Lunch**

House-Made Tomato Soup

Cheese Panini

Rajas Veggie Burrito

Falafel Torta (contains cashew)

BYO Bowl *(all bases & toppings are HAL)*

* + Halal Proteins: Shrimp or Tofu
	+ Halal Dressings: Spicy Miso Aioli or Sweet Mango Sauce

BYO Wrap – Regular or GFF Tortilla *(all toppings & cheeses are HAL)*

* + Halal Proteins: Tofu
	+ Halal Sauces: Sesame Hummus or Parmesan Aioli

**Sides**

Tortilla Chips & Choice of Salsa

Sesame Hummus Plate

Oven Roasted Potato Wedges w/ Ranch

North Porch  – Asian Rice Bowls & Banh Mi Sandwiches

**BYO Rice Bowl**

Base

* + Jasmine Rice
	+ Brown Rice

*\*None of the bowl/sandwich proteins are HAL*

Sauce

* + Yellow Curry Sauce
	+ Red Curry Sauce

*All rice bowl/banh mi veggies & toppings except for the pickled carrots & pickled radish are HAL*

**Beverages**

Thai Iced Tea

Rocket Burger  – Burgers & Fries

**Signature Burgers**

Veggie Burger (order without green sauce to make HAL)

First Stage Cheeseburger

Second Stage Cheeseburger

**Fries**

Classic Fries

Hyperdrive Fries (Classic Fries w/ Cheese Sauce)

* + Add optional sriracha

**Salads**

Cobb Salad – Romaine Lettuce, Tomatoes, Avocado, Hardboiled Egg (order without bacon to make HAL)

Santa Fe Salad – Romaine Lettuce, Tomatoes, Corn, Black Beans, Avocado

Dressings

* + Creamy Italian Dressing
	+ Buttermilk Ranch Dressing

HALAL FOOD @ McNary Dining Center

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## East Side Eats – Breakfast, Stir Fry Bar, Sandwich Melts

**Breakfast**

Entrees

* + Buttermilk Biscuit
	+ Buttermilk Pancakes
	+ French Toast
	+ Oatmeal

Sides

* + Fried Diced Potatoes *(beware of cross contamination)*
	+ Scrambled Eggs
	+ Hash Brown Triangles
	+ Breakfast Sandwich w/ Veggie Sausage (week 2)
	+ Vegan Breakfast Bowl and Breakfast Burrito w/ Soyrizo *(beware of cross contamination with fried diced potatoes)*

Grab & Go Options (options will vary)

**Stir Fry**

Base

* + Jasmine Rice
	+ Brown Rice

Proteins

* + Shrimp

Sauce

* + Sweet Chili Orange Sauce

Vegetable Mixes

**Melts**

*All Bread, Cheese, and Veggie Options are halal*

Proteins

* + Tuna Salad
	+ Fried Egg
	+ Black Bean Burger Patty

**Soups**

* Vegetarian Chili

**MYO Baked Potato Bar**

* Baked Potato *(all toppings Halal except for bacon bits)*

**MYO Salad**

*All veggie and cheese options are halal*

* Thousand Island Dressing
* Buttermilk Ranch Dressing
* Tuna Salad

**MYO Yogurt/Acai**

* Zoi Plain Greek Yogurt
* *All fruits, nuts, and seeds are halal*
* *Note granola and other yogurts are NOT Halal*

**Lunch**

Week 1: Roasted Carrots w/ Rosemary, Mac and Cheese side, Hummus and Roasted Vegetable Wrap, Brussels Sprouts, Asparagus

Hummus and Roasted Veggie Wrap, Honey Chipotle Brussels Sprouts, Tater Tots *(beware of cross contamination)*, Steamed Buttered Corn, Grilled Asparagus (Thurs - Fri)

Week 2: Coleslaw, Vegan Chipotle Coleslaw, Baked Beans, Green Bean Toscana, Mac and Cheese, Southwest Black Bean Wrap, Roasted Carrots and Fennel, Peas and Artichokes, Island Mac Salad

Week 3: Meatball Sub, Sauteed Mushrooms, Fajita Vegetable Mix, Chili Garlic Roasted Broccoli, Lemon Garlic Roasted Cauliflower, Tater Tots, Baked Beans

**Dinners**

Sunday

* Halal Meatballs (week 1, 4, 7, 10)
* Penne and Pomodoro (week 1, 4, 7, 10)
* Grilled Broccolini (week 1, 4, 7, 10)
* Roasted Zucchini and Yellow Squash (week 1, 4, 7, 10)
* Garlic Focaccia (week 1, 4, 7, 10)
* Vegan Hoppin’ John (week 2, 5, 8)
* Three Cheese Mac & Cheese (week 2, 5, 8)
* Butternut Squash w/ Sage (week 2, 5, 8)
* Cornbread (week 2, 5, 8)
* Indian Rajma (week 3, 6, 9)
* Spiced Cauliflower (week 3, 6, 9)
* Roasted Zucchini and Yellow Squash (week 3, 6, 9)
* Garlic Naan (week 3, 6, 9)

Monday

* Vegan Indian Dal w/ Spinach (week 1, 4, 7, 10)
* Saffron Basmati Rice (week 1, 4, 7, 10)
* Spinach & Garlic (week 1, 4, 7, 10)
* Cinnamon Roasted Sweet Potatoes (week 1, 4, 7, 10)
* Garlic Naan (week 1, 4, 7, 10)
* SW Stuffed Bell Peppers (week 2, 5, 8)
* Cilantro Lime Brown Rice (week 2, 5, 8)
* Cuban Black Beans (week 2, 5, 8)
* Grilled Tofu Steak (week 3, 6, 9)
* Coconut Rice (week 3, 6, 9)
* Roasted Broccoli and Cauliflower (week 3, 6, 9)

Tuesday

* Garlic and Herb Roasted Red Potatoes (week 1, 4, 7, 10)
* Roasted Brussels Sprouts (week 1, 4, 7, 10)
* Honey Glazed Carrots (week 1, 4, 7, 10)
* Cornbread (week 1, 4, 7, 10)
* Sauteed Mushrooms (week 2, 5, 8)
* Quinoa Stuffed Portabella (week 3, 6, 9)
* Roasted Vegetable Mix (week 3, 6, 9)
* Sauteed Kale (week 3, 6, 9)
* Cornbread (week 3, 6, 9)

Wednesday

* Ratatouille (week 1, 4, 7, 10)
* Vegan Gold Mashed Potatoes (week 1, 4, 7, 10)
* Spring Vegetable Medley (week 1, 4, 7, 10)
* Cauliflower Gratin (week 1, 4, 7, 10)
* Dinner Rolls (week 1, 4, 7, 10)
* Peruvian Quinoa (week 2, 5, 8)
* Glazed Carrots (week 2, 5, 8)
* Grilled Zucchini and Squash (week 2, 5, 8)
* Corn and Tofu Casserole (week 3, 6, 9)
* Roasted Red Potatoes w/ Rosemary (week 3, 6, 9)
* Steamed Broccoli and Carrots (week 3, 6, 9)
* Vegan Braised Greens (week 3, 6, 9)

Thursday

* Lentil and Quinoa Stuffed Zucchini (week 1, 4, 7, 10)
* Grilled Salmon (week 1, 4, 7, 10)
* Quinoa Pilaf (week 1, 4, 7, 10)
* Cabbage w/ Onion and Garlic (week 1, 4, 7, 10)
* Roasted Broccoli, Carrot and Red Pepper (week 1, 4, 7, 10)
* Rosemary Focaccia (week 1, 4, 7, 10)
* Gnocchi w/ Summer Vegetables (week 2, 5, 8)
* Fingerling Potatoes (week 2, 5, 8)
* Roasted Cauliflower and Carrots (week 2, 5, 8)
* Sauteed Kale (week 2, 5, 8)
* Wild Rice Pilaf (week 3, 6, 9)
* Grilled Asparagus (week 3, 6, 9)
* Rosemary Focaccia (week 2, 3, 5, 6, 8, 9)

Friday and Saturday No Dinner - Stir Fry available

## Five-Four-One – Organic Grain Bowls, Pasta, Pizza, Soups & Salads

**Grain Bowls & Salads**

Signature Bowls

* + Mary’s Peak (quinoa, chickpeas, roasted beets, grilled kale, green onion, pumpkin seeds, cilantro, cranberries)
	+ Fitton Green (jasmine rice, tomato & corn salsa, black beans, avocado)
	+ Bellfountain (quinoa, daikon radish, carrots, green onion, cucumber, edamame, nori)
	+ Northwest (quinoa, chickpeas, roasted red pepper hummus, avocado, cherry tomatoes, red onion, cucumber, fresh mint)

Add-On Proteins

* + Baked Tofu

Sides (rotating availability)

* Egyptian Falafel
* Greek Roasted Potatoes
* Vegan Coleslaw
* Yukon Mashed Potatoes

**Salads** (substitute dressings)

* + House Salad
	+ Caesar Salad

Dressings

* + Vegan Caesar Dressing
	+ Lemon Curry Dressing
	+ Buttermilk Ranch Dressing
	+ Creamy Verde Dressing

**Soups** (rotating availability)

* Vegan White Bean & Basil Soup
* Minestrone
* House Salad
* Caesar Salad

**Curry Bowls** (rotating availability)

* + Yellow Coconut Curry
	+ Pineapple Habanero Curry
	+ Pumpkin Seed Korma Curry

**Pasta Bar**

Pasta Options

* + House Made Pasta
	+ Whole Wheat Penne

Roasted Vegetables

Sauce Options

* + Pomodoro Sauce
	+ Garlic Cream Sauce
	+ Hazelnut Pesto
	+ Olive Oil Blend

Proteins

* + Shrimp
	+ Baked Tofu

**Pizza**

Signature Pizzas

* + Cheese Pizza

Rotating Signature Pizzas

* + Margherita Pizza
	+ Oregon Potato Pizza
	+ Tropical BBQ Tempeh Pizza

BYO Pizza – Dough

* + 541 Pizza Dough

BYO Pizza – Sauce

* + Garlic Cream Sauce
	+ Pizza Sauce

BYO Pizza – Toppings

* + Mozzarella
	+ Vegan Mozzarella
	+ Vegan Pepperoni
	+ Baked Tofu
	+ Vegetables

## Calabaloo’s – BYO Burger Grill

*Calabaloo’s has certified halal beef patties & fried chicken tenders*

*All Cheess and Veggies Options are HAL*

*\*Ken’s Bistro Sauce is NOT Halal*

Hamburger Buns

* + Potato Hamburger Bun
	+ GFF/VGN Hamburger Bun

Protein Options

* + Halal Beef Hamburger Patty
	+ Beyond Burger
	+ Halal Chicken Breast

GFF, HAL French Fries

GFF, HAL Chicken Strips

La Calle – BYO Burrito, Bowl, Tacos, Salads

Protein

* Chorizo Tofu

Salsa

* Pico de Gallo
* Salsa Roja
* Verde
* Chipotle
* Queso

Base

* Spanish Rice
* White Rice
* Black Beans
* Pinto Beans

Toppings

* Lettuce
* Tomato
* Yellow Onion
* Jack Cheese
* Cilantro
* Cotija
* Crema
* Lime

HALAL @ MPW Dining Center

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## Ring of Fire – Asian Noodle Bowls

## **Lunch (Monday to Saturday)**

Noodles/Rice

* + Ramen Noodles
	+ Rice Noodles
	+ Udon Noodles
	+ Steamed Basmati Rice

 Toppings

\*ALL Vegetable options are HALAL

* + Chili Oil
	+ Hoisin Sauce
	+ Kimchi

Sauce

* Yellow Coconut Curry Sauce

## **Dinner (Sunday to Thursday)**

* + Steamed Jasmine Rice
	+ Vegetables Fried Rice
	+ Vegetables Stir Fry
	+ Chili Garlic Roasted Broccoli (Rotating availability)
	+ Kimchi
	+ Chow Mein Noodles
	+ Sweet Thai Chili Mayo (Rotating availability)
	+ 5 Spice Roasted Carrots (Rotating availability)

**Drinks/Sides**

* + Thai Iced Tea
	+ Alo Drinks: Alo Drink 16.9oz. Alo Twist Strawberry Lime Drink 16.9oz
	+ My Mochi (Smores, Green Tea, Strawberry, Sweet Mango)

## Cooper’s Creek

**Grain Bowls**

* Southwestern Grain Bowl
* Power Bowl
* Veggie Protein Plate (Make Cents)

**BYO Bowls**

Proteins

* + Seasoned Cod
	+ Smoked Tofu

Base/Toppings

\*ALL Vegetable and Fruit options are HALAL

* + Marinated Lentils
	+ Hummus
	+ Brown Rice
	+ Quinoa Trio Blend w/ Turmeric
	+ Teardrop Naan
	+ Vegetable Fonio Pilaf
	+ Goat Cheese Crumbles
	+ Feta Cheese
	+ Hardboiled Eggs
	+ Pumpkin Seeds
	+ Black Beans

Sauces

* + Creamy Chipotle Dressing
	+ Creamy Cilantro Lime Dressing
	+ Lemon Curry Dressing

**Dessert**

* + White Chocolate Lemon Mousse

## Serrano Grill – Breakfast & BYO Burritos/Bowls

**Breakfast (Monday to Friday)**

* + Scrambled Eggs
	+ Blueberry Pancake (rotating availability)
	+ Chocolate Chip Pancake (rotating availability)
	+ Buttermilk Biscuit EZ Split
	+ Veggie Breakfast Burrito (rotating availability)
	+ Maple Pancake and Waffle Syrup
	+ Butter Chip
	+ Chilaquiles con Verde (rotating availability)
	+ Tofu Scramble (rotating availability)
	+ French Toast (rotating availability)
	+ Huevos Rancheros (rotating availability)

**BYO/MTO Bowl (Wednesday/Thursday)**

Base

* + Flour Tortilla
	+ Wheat Tortilla
	+ GF Tumaro Tortilla
	+ Spanish Rice (rotating availability)
	+ Cilantro Lime Rice (rotating availability)

Proteins

* + Vegan Chorizo Hash

Toppings

\*ALL Vegetables and Cheeses are HALAL

* + Pinto Beans (rotating availability)
	+ Black Beans (rotating availability)
	+ Salsa Verde
	+ Chili de Arbol Salsa
	+ Guacamole
	+ Lime Crema

**Dinner (Tuesday to Saturday)**

* + Serrano Cauliflower Street Taco (rotating availability)
	+ Spanish Rice (rotating availability)
	+ Refried Beans (rotating availability)
	+ BYO Taco Salad Bowl (Order without chicken thigh, refried beans)
	+ Cheese Quesadilla (rotating availability)

**Omelet Bar (Friday)**

\*ALL Vegetable and Cheese options are HALAL

* Egg
* Plant Based Eggs

**Dessert**

* Espresso Flan

## Clubhouse Deli – Breakfast, Weekend Brunch, BYO Sandwich Bar, & Salad Bar

**Breakfast**

* + Dried Cranberries
	+ GF Cinnamon Granola
	+ Cinnamon Toast Crunch
	+ Honey Nut Cheerios
	+ Malt-O-Meal Raisin Bran Cereal
	+ Marsee Cinnamon Raisin Bage
	+ Marsee: Cinnamon Raisin Bagel, Everything Bagel, Multi Grain Bagel, Plain Bagel, Triple Cheese Bagel
	+ Butter Croissant
	+ Whole Wheat English Muffin

**Grab and Go**

* + Marionberry Yogurt Parfait
	+ Variety of fresh fruit
	+ Seneca Apple Chip/ Cinnamon Apple Chips
	+ Retail packaged salads/fruits/cups (Refer to product label on the packages)

**Soup**

* + Vegan Chili
	+ Carrot Ginger Soup (rotating availability)
	+ Tomato Bisque Soup (rotating availability)
	+ Broccoli Cheddar Soup (rotating availability)
	+ Chipotle Sweet Potato Soup (rotating availability)
	+ Organic Split Pea & Kale Soup (rotating availability)

**Sandwiches**

* Soup and Cheese Sandwich (Make Cents)

**BYO Salad Bar**

Dressings

* + Lo-Cal Italian Dressing
	+ Ken’s Homestyle Ranch Dressing
	+ Ken’s Creamy Caesar Dressing

Toppings

* + ALL Vegetable options are HALAL
	+ Seasoned Croutons
	+ Chow Mien Noodles
	+ Dried Cranberries
	+ Seedless Raisins
	+ Sunflower Seed
	+ Shredded Cheddar Cheese
	+ Cottage Cheese
	+ Hard cooked Eggs
	+ Tofu
	+ Jackfruit
	+ Garbanzo Beans
	+ Kidney Beans

**BYO Sandwich Bar**

***\*ALL Bread/ Tortilla, Cheese and Vegetable options are HALAL***

Spreads

* + Mayonnaise
	+ Vegan Mayonnaise
	+ Vegan Chipotle Mayo
	+ Yellow Mustard
	+ Garlic Aioli
	+ Basil Pesto Sauce

Toppings

\*ALL Vegetable options are HALAL

* + Egg Salad
	+ Hummus

**Brunch (Saturday/Sunday)**

* Gluten Free Waffle Mix
* Multi Grain Buckwheat Waffle Mix
* Maple Pancake and Waffle Syrup
* Strawberry Topping
* Berry Perfect
* Whipped Topping
* Chocolate Syrup
* Butter Chip

West Side Grill

**Dinner**

* Roasted Red Potatoes (week 1, 5, 9)
* Mac and Cheese (week 2, 6, 10)
* Grilled broccoli (week 2, 6, 10)
* Steamed Rice (week 4, 8)
* Chana Masala (week 4, 8)

**BYO Burger**

Protein

* Halal Beef Patties
* Halal Chicken Tender

***\*ALL Buns, Cheeses, and Veggies are HALAL***

Spreads

* + Guacamole
	+ Ketchup
	+ Mustard
	+ BBQ Sauce
	+ Buttermilk Ranch Dressing
	+ Mayo

## Tomassito’s Italian Café

**Pasta**

Pasta

* + Rigatoni
	+ GF Penne

Sauce

* + Alfredo Sauce
	+ Pomodoro Sauce
	+ Pesto Garlic Cream Sauce

Proteins

* + Halal Chicken and Beef Meatballs

Rotating Roasted Veggies

* + Roasted Broccoli, Roasted Mushroom, Roasted Zucchini & Yellow Squash, Roasted Brussels Sprouts, Roasted Butternut Squash

Toppings

* + Sliced Black Olives
	+ Pepperoncini
	+ Shaved/Grated Parmesan
	+ Fresh Basil & Parsley Herb Blend
	+ Crushed Red Pepper
	+ Soft Breadstick

**Dessert**

* + Cannoli

**Sandwich (Rotating Availability)**

* + Meatball Sub Sandwich

**Pizza**

* + 4 Cheese Pizza
	+ Cheese Manicotti w/ Pesto Cream