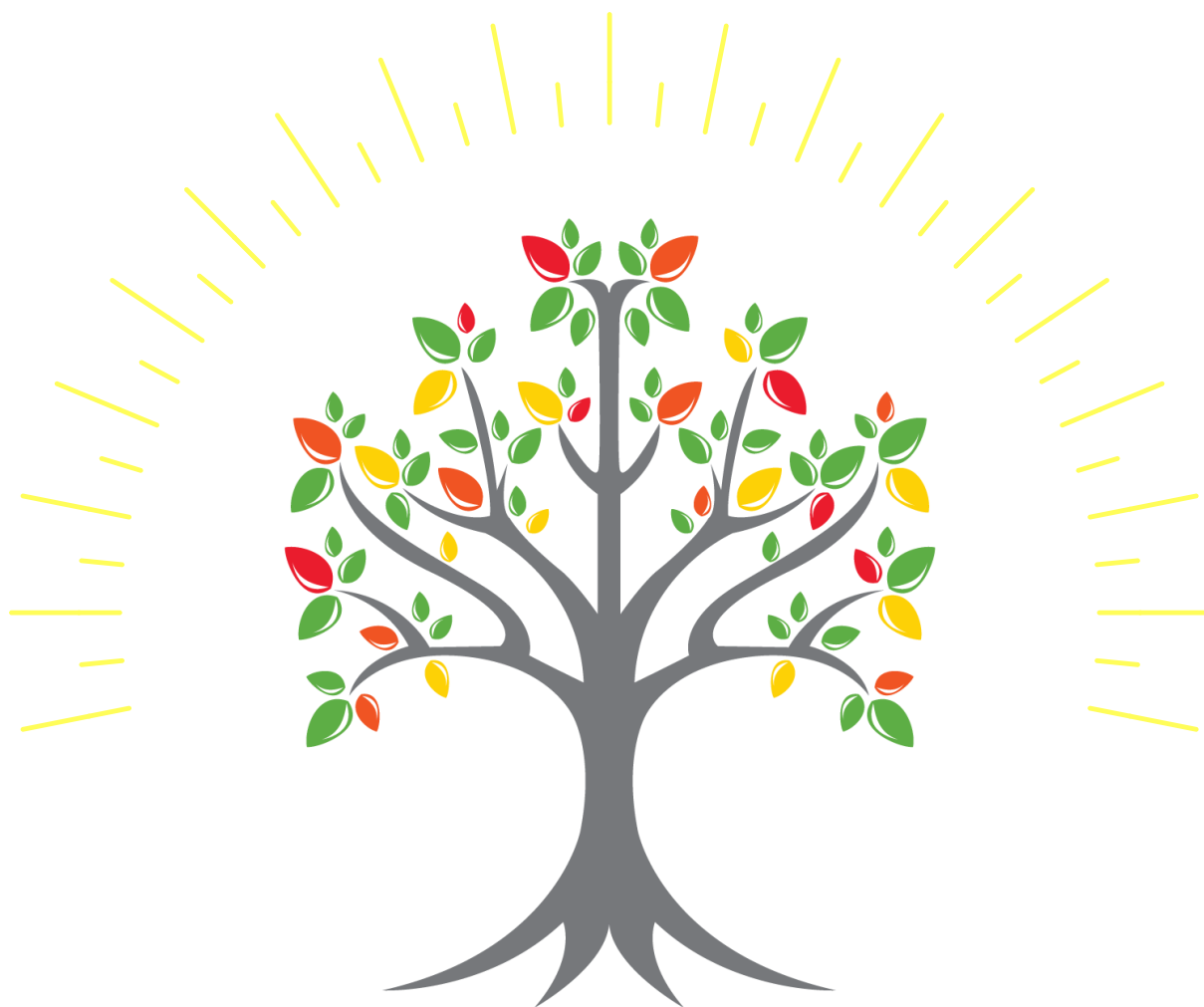


# *The Wabash Room*

**At Sycamore Reserve**



CONTINENTAL BREAKFAST  
7:00AM TO 8:00AM

DINING HOURS  
8:00AM TO 7:00PM

# Breakfast

AVAILABLE ALL DAY  
YOUR CHOICE OF ONE SIDE

## BELGIAN WAFFLE 587 cal

served with maple syrup, butter and powdered sugar

## FRENCH TOAST 322-450 cal

creamy cinnamon french toast served with maple syrup, butter and powdered sugar - try our croissant french toast for a special treat

## EGGS TO ORDER\* 211 cal

cooked your way - scrambled, sunny side, over easy, hard or poached

## OMELET\* 280 cal

### WESTERN

ham, onions, bell peppers and cheese

### HAM & CHEESE

### VEGETARIAN

spinach, onions and bell peppers

# The Bakery

YOUR CHOICE OF BUTTER, CREAM  
CHEESE, JELLY OR JAM

## TOAST BY THE SLICE 70-75 cal

white, wheat, rye or gluten-free

## TOASTED BAGEL 280-350 cal

ask your server about today's selection

## CROISSANT 230 cal



# Cereal & Such

## CEREAL 120-220 cal

variety of dry cereal with milk

## GRITS 160 cal

with creamy butter on top

## OATMEAL 150 cal

mixed with brown sugar

# Sides

## BACON 70 cal

crispy bacon

## SAUSAGE PATTY 88 cal

## HOME FRIES 180 cal

fresh cubed potatoes pan fried with onions and bell peppers

## FRESH FRUIT 40 cal



# Lunch

## SOUP OF THE DAY 200 cal

ask your server about today's special

## HOUSE SIDE SALAD 30 cal

fresh mixed lettuce with cherry tomatoes, cucumbers and carrots

## CAESAR SALAD 140 cal

chopped romaine topped with parmesan cheese and house made croutons, add grilled chicken or salmon +120 cal

### DRESSINGS

Ranch	146 cal	Italian	70 cal
French	70 cal	Caesar	160 cal

## CHICKEN TENDERS 410 cal

crispy golden brown chicken tenders served with homemade fresh cut french fries and ranch dressing

# Deli

## PICK TWO 400-850 cal

pick 1/2 a sandwich and your choice of a cup of soup or side salad

### BREAD

White, Wheat, Rye, Bun, Croissant or Gluten-Free

### MEAT

Chicken Salad, Egg Salad, Turkey or Ham

### CHEESE

American, Cheddar or Swiss

### TOPPINGS

Lettuce, Tomato, Onion, Pickle, Mayo, Mustard, Ketchup and Relish



# Sandwiches

YOUR CHOICE OF ONE SIDE

## HAMBURGER\* 200 - 310 cal

ground beef sliders or regular

## VEGGIE BURGER 218 cal

seasoned plant based vegan patty

## GRILLED CHICKEN\* 184-480 cal

juicy grilled white meat chicken breast on toasted bun

## GRILLED CHEESE 433 cal

classic American grilled cheese

## BLT 472 cal

crispy bacon, lettuce, tomato and mayo

## BEEF HOT DOG 500 cal





## Dinner Entrées

YOUR CHOICE OF TWO SIDES

**GRILLED STEAK\*** 240 cal  
perfectly seasoned and grilled (4oz-6oz)

**CHICKEN BREAST\*** 184 cal  
juicy all white meat chicken breast

**PAN-SEARED TILAPIA\*** 218 cal  
flaky white fish lightly seasoned and seared to perfection with mixed vegetables over a bed of rice

**GRILLED SHRIMP OR SALMON\*** 400-500 cal  
served with mixed vegetables over rice

**FISH & CHIPS** 433 cal  
two pieces of flaky cod battered and fried golden brown with fresh cut french fries, coleslaw and tartar sauce

**SPAGHETTI & MEATBALLS** 375 cal  
spaghetti cooked al dente with meatballs, marinara and parmesan cheese

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

**Calories:** Calorie counts are estimated based on meal ingredients and serving size. These counts may not be exact.

## Sides

**MIXED VEGETABLES** 35 cal

**RICE** 131 cal

**MASHED POTATOES** 119 cal

**BAKED POTATO** 160 cal  
available with butter, sour cream, cheese and bacon +160 cal

**BAKED SWEET POTATO** 203 cal  
available with butter, brown sugar and cinnamon +120 cal

**FRENCH FRIES** 250 cal  
homemade fresh cut french fries

**COLESLAW** 146 cal

**DESSERT**  
specials available daily

## Beverages

**ICED TEA** 2 cal

**LEMONADE** 148 cal

**JUICE** (orange or apple) 85 cal

**MILK** (1% or whole) 62-112 cal

**COFFEE** 2 cal

**HOT TEA** 2 cal

**Allergens:** Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, peanuts, tree nuts, soy, fish or shellfish.

While we take steps to minimize risk and safely handle the foods we serve, please be advised that cross contamination may occur.