



Members receive 10% off Wellness Club entrees. Non-members may purchase these entrees at full price. Menu items are listed at full price.

**605 E. State Street, Sycamore
815.895.6700**

Baked Haddock Dinner\$10.50

Enjoy ½ the portion of haddock, with 1 ½ t tartar sauce, all the broccoli, ½ dinner roll and 1 t margarine. Select the side salad with fat free ranch dressing. Order a take out container to take the extras home.

Calories: 630 Fat: 12 gm

Vegetarian Omelet\$6.45

Order with egg beaters and served with 2 slices whole wheat toast, 2 t margarine and fruit cup.

Calories: 430 Fat: 5 gm

Oatmeal (8 oz).....\$2.60

Order with fruit cup, 2 slices whole-wheat toast, 2 t margarine and jelly.

Calories: 545 Fat: 5 gm

Cajun Chicken Sandwich.....\$7.50

Order with ½ the monterey jack cheese, skip the mayo, and select fresh fruit instead of french fries.

Calories: 600 Fat: 11 gm Sat. Fat: 4 gm

BBQ Chicken Sandwich.....\$7.50

Order with ½ the Monterey jack cheese, skip the mayo, and select fresh fruit instead of french fries.

Calories: 600 Fat: 11 gm Sat. Fat: 4 gm

Fresh Fruit Plate\$6.95

Enjoy the fresh fruit plate with 2 slices raisin toast and 2 t margarine.

Calories: 540 Fat: 9 gm

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.