





# Teasers & PLEASERE

#### **\*ITALIAN NACHOS**

Lightly fried chips, Italian sausage, provolone, mozzarella, Kalamata olives, tomatoes, pepperoncini, scallions and Asiago cheese sauce.

#### \*MOZZARELLA CHEESE STICKS (V)

Five cheese sticks, fried golden brown, served with our homemade tomato sauce.

#### \*FRIED MUSHROOMS (V)

Fresh hand-breaded, golden-fried tender mushrooms. Served with ranch dressing.

#### \*LOADED POTATO SKINS (GF)

Idaho potato skins fully-loaded with lots of melted Wisconsin cheddar cheese, crispy bacon, chopped tomato and green onions. Served with sour cream.

#### \*HAND-BREADED ONION RINGS (V)

Golden brown and served with honey mustard sauce.

#### \*Southwestern Chicken Quesadilla

Sliced all natural char-grilled chicken breast, shredded cheddar and mozzarella cheese, smoked corn and black bean relish in a grilled flour tortilla. Served with shaved lettuce, tomatoes, sour cream and salsa.

#### **\*GYROS QUESADILLA**

Gyros meat, onions, tzatziki yogurt sauce and imported feta cheese in a grilled flour tortilla. Served with shaved lettuce and tomatoes on the side.

#### **\*HOMEMADE SOUP**

Fresh ingredients made daily by the chef. Bowl Cup

> (V) Vegetarian (GF) Gluten-Free (GFA) Gluten-Free Available

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

> PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES.

SOUTHWESTERN CHICKEN QUESADILLA

(GF) This dish is gluten-free. When placing your order, please let your server know that you are ordering a gluten-free menu item. Please be aware that because our dishes are prepared to order, individual foods may come into contact with one another due to shared cooking and preparation areas. Therefore, we cannot guarantee that cross contact with foods containing gluten will not occur. (GFA) Gluten-Free Available – When placing your order please ask for gluten-free bread or gluten-free dressing as a substitution. Also, please let your server know that you are ordering a gluten-free item. Gluten-free bread is an additional, 1.50

**ITALIAN NACHOS** 



Jo GREEN

HOMEMADE DRESSINGS

EXTRA VIRGIN OLIVE OIL & RED WINE VINEGAR • RANCH HONEY MUSTARD VINAIGRETTE • HONEY MUSTARD • THOUSAND ISLAND MEDITERRANEAN (OIL & VINEGAR WITH SEASONING) • BLEU CHEESE

#### \*GREEK SALAD (V) (GFA)

Crispy and chilled romaine, topped with imported feta cheese, Kalamata olives, sliced pepperoncini, red onions and tomatoes. Served with our homemade Mediterranean dressing.

#### \*CHAR-GRILLED CHICKEN SALAD (GFA)

Organic mixed field greens, topped with sliced char-grilled, all-natural chicken breast, tomatoes, red onions, hard-boiled egg and aged Wisconsin cheddar cheese. Served with ranch.

#### \*CHOPPED SALAD (GFA)

Chopped chilled romaine and iceberg mix, topped with chopped smoked bacon, avocado, tomato, red and green onions and crumbled Clemson bleu cheese. Served with a honey mustard vinaigrette.

#### \*APPLE AND PECAN SALAD (V) (GFA)

Organic mixed field greens, apples, grapes, caramelized pecans, Clemson bleu cheese crumbles and dried cranberries. Served with our homemade Mediterranean dressing.

#### \*ENLIGHTENED BERRY AND GOAT CHEESE SALAD (V) (GFA)

Organic mixed field greens, fresh strawberries and blueberries, chevre goat cheese rolled with Georgia pecans, dried cranberries and green onions. Served with our homemade Mediterranean dressing.

#### \*HEALTHY MEDITERRANEAN SALAD BOWL (V) (GFA)

Crispy and chilled romaine, quinoa, imported feta cheese, hummus, tahini, tzatziki yogurt sauce, garbanzo beans, Kalamata olives, diced red onions, pickled beets, tomatoes and cucumbers. Served with our homemade Mediterranean dressing.

### **CUSTOMIZE YOUR SALAD**

Char-grilled, all natural chicken Gyros meat Four Sautéed Shrimp Broiled, Wild-Caught Salmon

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#### **CRAVING AN** WAY TO ORDER

#### Choose Item

.

#### BREAKFAST Still COOKIN'

\*GREEK SKILLET Two farm-fresh eggs, any style, over American fried potatoes, fresh baby spinach, tomatoes, oregano, imported Greek feta cheese and all-natural char-grilled chicken strips.

**\*CALIENTE SKILLET** Two farm-fresh eggs, any style, over American fried potatoes, onions, jalapeños, chopped tomatoes, spicy chorizo pork sausage and queso blanco.

#### **\*BAYOU SKILLET**

Two farm-fresh eggs, any style, over American fried potatoes, andouille sausage, all-natural char-grilled chicken, tomatoes, onions, peppers, mushrooms, and mozzarella cheese.



Text STAXOMEGA to 33733 to download our app!





Between THE EREAD SANDWICHES ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED

SANDWICHES ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99 SUB SWEET POTATO FRIES, ADD A BUCK

#### \*PHILLY STEAK

Thinly sliced grilled ribeye steak covered with Swiss cheese and grilled onions and peppers on a homemade grilled brioche hoagie roll.

#### **\*THE REUBEN**

Seasoned corned beef, Swiss cheese and smoked bacon sauerkraut on grilled Jewish rye with a side of Thousand Island dressing for dipping.

#### **\*TWO-HANDED MONTE CRISTO**

Sliced Black Oak ham and Swiss cheese grilled in batterdipped challah bread and dusted with powdered sugar.

#### \*REALLY GOOD HOMEMADE CHICKEN SALAD CROISSANT

Fresh homemade, chunky, all-natural chicken salad with mayo, celery and spices served on a croissant with lettuce and tomato.

#### \*OMEGA TRIPLE DECKER CLUB

Roast turkey, Black Oak ham, smoked bacon and American cheese on Greek toast with lettuce, tomato and mayo.

#### \*SLICED PRIME RIB DIP

Thin-sliced, slow-roasted prime rib, provolone cheese, au jus and horseradish sauce on the side. Served on a homemade grilled brioche hoagie roll.

#### \*CHICKEN AND AVOCADO SANDWICH

All natural char-grilled chicken breast, Jack cheese, sliced avocado, smoked bacon, mayonnaise and a side of our homemade honey mustard sauce on a homemade grilled brioche bun.

#### \*GYROS SANDWICH

Seasoned beef and lamb with tomato, onion and tzatziki cucumber onion yogurt sauce in grilled pita.

#### Smoked Turkey Blta Croissant

Sliced smoked turkey, smoked bacon, avocado, arugula, Swiss cheese and pesto aioli on a grilled croissant.

#### \*PARMESAN-CRUSTED CHICKEN SANDWICH

All-natural chicken coated with a Parmesan cheese crust, prosciutto, mozzarella cheese, pesto aioli and arugula on a homemade grilled brioche bun.

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OUR GOURMET BURGERS ARE FRESH, NEVER FROZEN, HAND-PATTIED USDA-INSPECTED, TOP CHOICE BLACK ANGUS BEEF. BURGERS ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99 SUB SWEET POTATO FRIES, ADD A BUCK

#### **\*OLD FASHIONED PATTY MELT**

Fresh, never frozen, hand-pattied USDAinspected Top Choice Black Angus Beef, chargrilled with American cheese and topped with grilled onions on homemade Jewish rye.

#### \*HANDMADE USDA

#### CHOICE CHEESEBURGER

Fresh, never frozen, hand-pattied, USDA-inspected Top Choice Black Angus Beef, char-grilled with American cheese and topped with lettuce, tomato, mayonnaise and dill pickle on a homemade brioche bun.

#### \*Smoked bacon and gouda Smokehouse cheeseburger

Fresh, never frozen, hand-pattied, USDAinspected Top Choice Black Angus Beef, smoked bacon, Gouda cheese, lettuce, tomato and mayonnaise on a homemade brioche bun.

#### \*Avocado, bacon and Caramelized onion burger

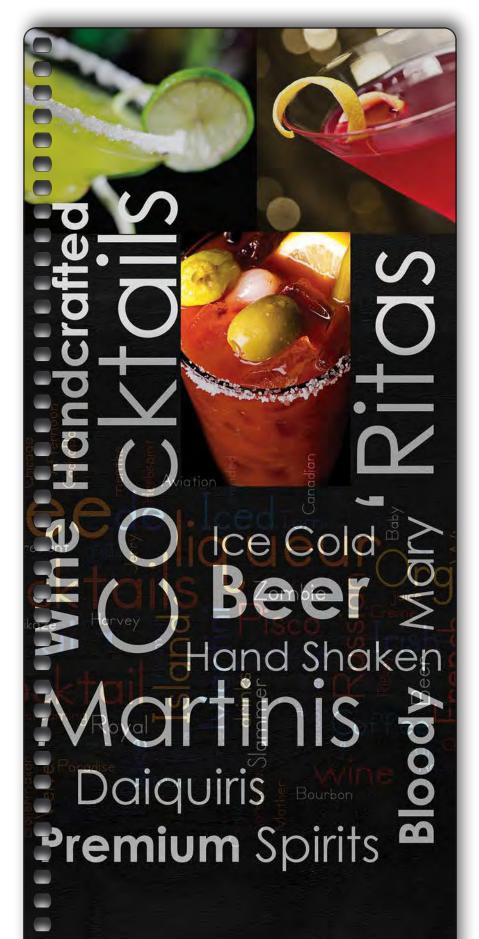
Fresh, never frozen, hand-pattied, USDAinspected Top Choice Black Angus beef, avocado, smoked bacon, caramelized onions and mayonnaise on a homemade brioche bun.

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WRAPS ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99 SUB SWEET POTATO FRIES, ADD A BUCK

#### \*CALIFORNIA WRAP

Char-grilled, all-natural chicken breast, smoked bacon, tomato, shredded lettuce, avocado, red onion and Swiss cheese wrapped in a flour tortilla. Served with a side of honey mustard dressing.

#### **\*IT'S ALL GREEK TO ME WRAP**

Char-grilled all-natural chicken breast, tomato, imported feta cheese, shredded lettuce and red onion wrapped in a flour tortilla. Served with a side of Mediterranean dressing.

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ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99

#### \*CHICKEN SOUVLAKI PLATTER (GFA)

Char-grilled all-natural chicken strips, pita wedges, tzatziki cucumber onion yogurt sauce on the side, rice pilaf, hummus, organic mixed field green Greek salad and oven-roasted Greek potatoes.

#### **\*GYROS PLATTER**

Sliced seasoned beef and lamb, pita wedges, tzatziki cucumber onion yogurt sauce on the side, rice pilaf, hummus, organic mixed field green Greek salad and oven-roasted Greek potatoes.

#### \*GREEK BONE-IN PORK CHOP (GF)

Juicy and full of flavor 10 oz. bone-in pork chop char-grilled to perfection and topped with our homemade Greek butter sauce. Served with an organic mixed field green Greek salad, rice pilaf and oven-roasted Greek potatoes.

#### \*HEALTHY GREEK (GFA)

All-natural char-grilled chicken breast, freshroasted vegetables, rice pilaf, hummus, tzatziki cucumber onion yogurt sauce, organic mixed field green Greek salad and pita wedges.

#### \*MEDITERRANEAN FEAST (GFA)

ONE SKEWER of char-grilled chicken with onions, mushrooms and bell peppers. Served with ovenroasted Greek potatoes, rice pilaf, hummus, tzatziki cucumber onion yogurt sauce, organic field green Greek salad and pita wedges.

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#### ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99

House FAV DRITES

#### \*STAX FRIED CHICKEN TENDER PLATTER

Four deliciously seasoned and hand breaded, all-natural chicken tenders accompanied with honey mustard sauce. Served with French fries.

#### \*CHICKEN MADEIRA

All-natural chicken, fresh asparagus, melted mozzarella cheese, tossed in a porcini, portobello, cremini and shiitake madeira wine sauce. Served with ldaho mashed potatoes and fresh-roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

#### \*PARMESAN-CRUSTED CHICKEN

All-natural chicken coated with a Parmesan cheese crust, crispy prosciutto, provolone cheese, green onions, spaghetti tossed in a lite herb cream sauce, topped with arugula.

#### **\*TUSCAN CHICKEN**

All-natural chicken, fresh roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli), asparagus and Idaho mashed potatoes topped off with Extra Virgin Olive Oil infused with garlic and fresh herbs.

#### \*CHICKEN TERIYAKI (GF)

All-natural chicken sautéed with zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, cauliflower green onions, sugar snap peas and broccoli tossed in our homemade teriyaki sauce and served with rice pilaf.

#### \*PARMESAN-CRUSTED CHICKEN FARRO

All-natural chicken coated with a Parmesan cheese crust, tomatoes, fresh basil, farro, capers, aged balsamic, imported feta cheese and Extra Virgin Olive Oil, served over rice pilaf with roasted vegetables (zucchini, yellow squash, assorted colorful bell peppers, carrots, red onion, broccoli, cauliflower and sugar snap peas).

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RIBEYE

# **STEAKS** & Seafood

ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99

#### \*<u>SPICY</u> LOW COUNTRY SHRIMP AND GRITS

Six tender shrimp simmered with <u>SPICY</u> andouille sausage, smoked bacon, colorful bell peppers, onions, garlic, fresh jalapeños and green onions over creamy cheesy grits.

#### \*RIBEYE (GF)

Our hand-cut 12 oz. USDA Top Choice Black Angus Ribeye is well-marbled, juicy and full of flavor. It's seasoned, char-grilled to perfection and served with an Idaho baked potato and fresh roasted veggies (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

#### \*USDA BLACK ANGUS CHOPPED STEAK (GF)

12 oz. fresh, never frozen, hand-pattied, USDA-inspected Top Choice Black Angus Beef, mushrooms, onions, mashed potatoes and gravy and fresh roasted veggies (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

#### \*FISH N' CHIPS

12 oz. wild-caught fried flounder, French fries, housemade tartar sauce and a lemon wedge.

#### \*BROILED, WILD-CAUGHT GROUPER WITH FARRO. TOMATOES & CAPERS

WITH FARRO, TOMATOES & CAPERS Broiled, wild-caught grouper topped with tomatoes, fresh basil, farro, capers, aged balsamic and Extra Virgin Olive Oil. Served with rice pilaf and roasted vegetables (zucchini, yellow squash, assorted coloful bell peppers, carrots, red onions, broccoli, cauliflower and sugar snap peas).

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#### ADD A HOUSE SALAD OR CUP OF SOUP FOR 2.99

PASTA

#### **\*ITALIAN SPAGHETTI BOLOGNESE**

Spaghetti tossed with our homemade meat sauce and topped with Parmesan cheese. Served with a fresh garlic knot.

#### \*FETTUCCINE ALFREDO DI ANTONIO

Fettuccine pasta tossed in a Parmesan cream sauce and topped with Parmesan cheese. Served with a fresh garlic knot.

#### **\*SPAGHETTI AGLIO E OLIO**

Spaghetti, sun dried tomatoes, fresh baby spinach, fresh basil, asparagus, fresh garlic, prosciutto, green onions, Parmesan, extra virgin olive oil and a touch of cream. Served with a fresh garlic knot.



#### \*CHICKEN PARMIGIANA

Boneless breast of all-natural chicken topped with marinara sauce and melted mozzarella cheese. Served with spaghetti marinara and a fresh garlic knot.

#### \*LASAGNA DI ALFONSO

Homemade traditional lasagna made with layers of pasta, ricotta, mozzarella, seasoned ground beef and fresh basil, topped with meat sauce. Served with a fresh garlic knot.

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PLEASE ADVISE YOUR SERVER OF ANY AND ALL FOOD ALLERGIES. FETTUCCINE ALFREDO DI ANTONIO WITH CHICKEN

ITALIAN SPAGHETTI BOLOGNESE



Lunch: Monday-Friday 11:00 am-2:30 pm Dinner: Monday-Sunday 4:00 pm-8:00 pm

# MEAT SELECTION

\*Stax Meatloaf and Marinara Sauce \*All-Natural Boneless Char-grilled Chicken Breast (GF) \*Country Fried Steak and Sausage Milk Gravy

# PICK TWO

- Green Beans (V) (GF)
- Fresh Collard Greens (V) (VG) (GF)
- Omega Coleslaw (V) (GF)
- Black Eyed Peas (V) (VG)
- Sweet Potato Crunch (V)
- Macaroni and Cheese (V)
- Oven Roasted Greek Potatoes (V) (GF)
- Real Mashed Potatoes (V) (GF)
- Rice Pilaf

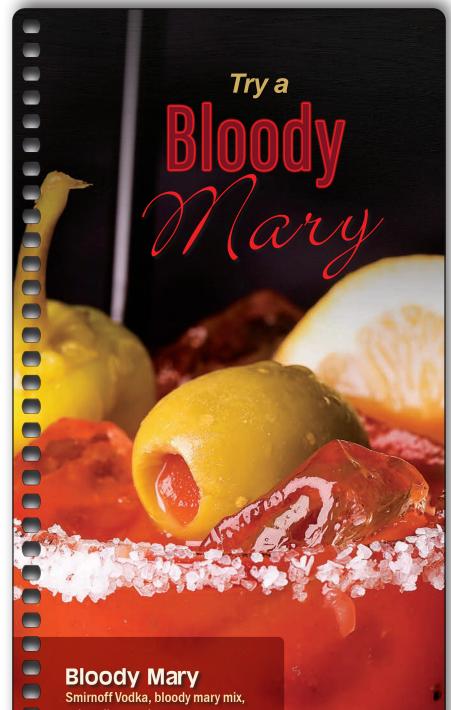
• MEAT AND TWO:

• VEGETABLES (4):

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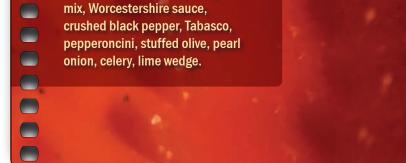
celery, lime wedge.

# BLT Bloody Mary Smirnoff Vodka, bloody mary mix,

smoked bacon, leaf lettuce, sliced beefsteak tomato, lime wedge.

# Spicy Bloody Mary

Smirnoff Vodka, bloody mary mix, Worcestershire sauce,







SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN).

- BISCUIT AVAILABLE UNTIL 11:00 AM.
- ADD 1.50 TO SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.

• ADD 1.00 FOR SIDE OF FRESH SEASONAL FRUIT.

\*Two Farm-Fresh Eggs with Black Oak Ham (GFA)
\*Two Farm-Fresh Eggs with two Patty Sausages (GFA)
\*Two Farm-Fresh Eggs with two Link Sausages (GFA)
\*Two Farm-Fresh Eggs with three Slices of Smoked Bacon (GFA)

\*Two Farm-Fresh Eggs with Turkey Link Sausages (GFA)

\*Two Farm-Fresh Eggs with Watauga Country Ham (GFA)

\*Two Farm-Fresh Eggs with Spicy Chorizo Hash (GFA)

\*Two Farm-Fresh Eggs with Fresh Corned Beef Hash (GFA)

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## SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN).

- BISCUIT AVAILABLE UNTIL 11:00 AM.
- ADD 1.50 TO SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- ADD 1.00 FOR SIDE OF FRESH SEASONAL FRUIT.

# VEGETABLES:

# CHEESE:

**REATE YOUR OWN** *Signature Omelette* 

Fresh Baby Spinach Roasted Red Peppers Bell Peppers Tomatoes Onions Jalapeños Kalamata Olives Mushrooms Sliced Idaho Potatoes Broccoli Asparagus Green Onions

Aged Cheddar Cheese Provolone Cheese American Cheese Swiss Cheese Imported Feta Cheese Mozzarella Cheese

# MEAT:

Smoked Bacon Sausage Black Oak Ham Andouille Sausage Gyros Meat All Natural Char-grilled Chicken Breast Sliced Roasted Turkey

\*Plain Farm-Fresh EGGS omelette (GFA) \*Plain Farm-Fresh EGG white omelette (GFA) Each item above added to omelette (GFA)

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ADD 3.99 FOR BACON, LINK OR PATTY SAUSAGE. ADD 1.00 FOR SIDE OF FRESH SEASONAL FRUIT.

LE PETITE STRAWBERRY FRENCH TOAST (V) Thick, batter-dipped French toast topped with our homemade warm strawberry compote.

LE PETITE BLUEBERRY FRENCH TOAST (V) Thick, batter-dipped French toast topped with our homemade warm blueberry compote.

**OMEGA'S "THICK" FRENCH TOAST (V)** Thick, batter-dipped challah bread served with syrup and butter.

#### **\*STAX SPECIAL**

One thick slice of French toast, two farm-fresh eggs any style and two slices of smoked bacon.

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# Pass the **SYRUP**

ADD 3.99 FOR BACON, LINK OR PATTY SAUSAGE. ADD 1.00 FOR SIDE OF FRESH SEASONAL FRUIT.

#### **\*BELLY BUSTER**

One giant waffle, two farm-fresh eggs any style and two strips of smoked bacon.

**GIANT BELGIAN WAFFLE (V)** Made with our special blended batter, served with syrup and butter.

OMEGA BLUEBERRY WAFFLE (V) Topped with our homemade warm blueberry compote.

OMEGA STRAWBERRY WAFFLE (V) Topped with our homemade warm strawberry compote.

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ADD 3.99 FOR BACON, LINK OR PATTY SAUSAGE. ADD 1.00 FOR SIDE OF FRESH SEASONAL FRUIT.

#### GHIRARDELLI CHOCOLATE CHIP PANCAKES (V)

Sinfully sweet Ghirardelli chocolate chip morsels baked and topped make these pancakes delicious.

**OMEGA BLUEBERRY PANCAKES (V)** Buttermilk pancakes filled with blueberries and topped with our homemade warm blueberry compote.

OMEGA STRAWBERRY PANCAKES (V) Buttermilk pancakes topped with our homemade warm strawberry compote.

\*TWO BY TWO

Two farm-fresh eggs any style, two pancakes and two strips smoked bacon.

BUTTERMILK PANCAKES (V) Served with butter and syrup.

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Low Fat Smoothies

PROBIOTIC (PROBIOTIC BLEND LACTOBACILLUS ACIDOPHILUS

Strawberry, banana, mango, pineapple, coconut, green

tea, low-fat Greek yogurt, strawberry/blueberry garnish.

ENHANCE YOUR SMOOTHIE WITH ONE OF OUR NUTRITIONAL ENHANCERS

**BIFIDOBACTERIUM LONGUM)** 

Hot Espresso Beverages

COFFEE Bar

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW. CAPPUCCINOS AND LATTES TOPPED WITH CINNAMON.

Espresso (Double) Espresso (Double) Crema Double Espresso topped with freshly whipped cream. Cappuccino Cappuccino Crema Cappuccino topped with freshly whipped cream. Café Latte Café Latte Crema Café Latte topped with freshly whipped cream.

lee or Blended Espresso

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW. FRAPPES ARE TOPPED WITH WHIPPED CREAM & CHOCOLATE.

Iced Cafe Latte Ice Blended Espresso Frappe

Bottled Beer

Bud Light • Michelob Ultra Stone IPA India Pale Ale Stella Artois Lager

Craft Beer

Craft beers listed on our daily features page

Wine by the Glass

**CK Mondavi Family Vineyards** Chardonnay • Merlot • Pinot Grigio White Zinfandel • Cabernet Sauvignon

- Ice Cold Milk
- Almond Milk
- Chocolate Milk
- Milkshake (Strawberry, Vanilla or Chocolate)
- Fresh Brewed Premium Coffee
- Fresh Brewed Premium Decaf Coffee
- Hot Tea (regular or decaf)
- Omega's Hot Chocolate Topped with freshly whipped cream & chocolate
- Iced Tea sweetened or unsweetened
- Bottomless Sodas
- Bottomless Lemonade





## Tropicana

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Drink Up

Juice Bar

Freshly Squeezed Orange Juice

Peach, mango, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

B-COMPLEX WITH CHROMIUM AND CREATINE

Strawberry, banana, green tea, low-fat Greek

yogurt, strawberry/blueberry garnish.

- 100% Pomegranate Juice
- Cranberry Juice
- Tomato Juice

WHEY PROTEIN

**Island Breeze** 

Strawberry Banana

Peach Mango Blast

AND

- 100% Apple Juice
- Pure Premium Grapefruit Juice

Mimosa

Mimosa (fresh squeezed orange juice and champagne)

