

Thursday
September 19, 2024

WYNEE'S BISTRO MENU



PARTNERED WITH



THURSDAY SPECIAL

GREEK MENU

at **SuperBowls**
Lunch & Dinner



PORTABELLOS BREAKFAST

Scrambled Eggs-GF ENTRÉE OR SIDE

Cal 82/Fat 5.6g/Carb 0g/Protein 7g

Steak Bagel Sandwich ENTRÉE

Cal 680/Fat 35g/Carb 57g/Protein 36g

Biscuits & Sausage Gravy ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Oatmeal-V ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Vegan/Vegetarian Biscuit & Gravy-V ENTRÉE

Cal 127/Fat 5g/Carb 12g/Protein 8g

Smoked Sausage-GF SIDE

Cal 320/Fat 22g/Carb 5g/Protein 27g

Breakfast Potatoes-GF/V SIDE

Cal 110/Fat 3g/Carb 19g/Protein 2g

Hard Boiled Eggs-GF SIDE

Cal 70/Fat 5g/Carb 0g/Protein 6g

Wright At Home

LUNCH

Beef Sandwich with Au Jus ENTRÉE

Cal 376/Fat 11.4g/Carb 31g/Protein 32.2g

Popcorn Shrimp ENTRÉE

Cal 130/Fat 1g/Carb 22.8g/Protein 8g

Taco Casserole ENTRÉE

Cal 524.3/Fat 30.6g/Carb 37.2g/Protein 22.9g

Waffle Fries- GF/V SIDE

Cal 150/Fat 6g/Carb 22g/Protein 2g

Cheese Grits SIDE

Cal 216.3/Fat 9g/Carb 24.4g/Protein 9.1g

Prince Edward Vegetable Blend-GF/V SIDE

Cal 25.2/Fat 0g/Carb 6g/Protein 1g

Crinkle Cut Carrots-GF/V SIDE

Cal 40/Fat 0.6g/Carb 9.3g/Protein 0g

DINNER

Beef Pot Roast-GF ENTRÉE

Cal 387.9/Fat 20.9g/Carb 29.6g/Protein 21.4g

Chicken Picatta ENTRÉE

Cal 221.6/Fat 10.8g/Carb 3g/Protein 26.7g

Au Gratin Potatoes-GF SIDE

Cal 121.2/Fat 4.7g/Carb 17.3g/Protein 3.1g

Vegetable Blend-GF/V SIDE

Cal 62.2/Fat 0g/Carb 14.9g/Protein 2.5g

Broccoli Florets-GF/V SIDE

Cal 64/Fat .6g/Carb 12g/Protein 5.1g

GOING GREEK @ SuperBowls LUNCH/DINNER

| | |
|---|--------|
| Lamb & Beef Gyro on Pita Cal 369/Fat 20g/Carb 21g/Protein 21.9g | ENTRÉE |
| Moussaka (Beef & Eggplant Lasagna) Cal 317/Fat 20.3g/Carb 21g/Protein 13.3g | ENTRÉE |
| Lemon Chicken Cal 145/Fat 3.7g/Carb 6g/Protein 23g | ENTRÉE |
| Spinach & Feta Spanakopita Cal 225/Fat 12.9g/Carb 21g/Protein 5.4g | ENTRÉE |
| Vegan/Vegetarian Stuffed Grape Leaves-GF/V Cal 166/Fat 7g/Carb 21g/Protein 3g | ENTRÉE |
| Lemon Cous Cous-V Cal 200.5/Fat 13.7g/Carb 6.9g/Protein 2.5g | SIDE |
| Briami(Roast Vegetables)-GF/V Cal 138.5/Fat 3.8g/Carb 22.5g/Protein 5.5g | SIDE |

STIR FRY STATION LUNCH/DINNER

Fried Rice
Cal 329.9/Fat 17.2g/Carb 32.8g/Protein 27.8g

PORTABELLOS LUNCH/DINNER

| | |
|---|----------------|
| Cheese Flatbread Cal 430/Fat 21g/Carb 29g/Protein 21g | ENTRÉE OR SIDE |
| Chipotle Chicken Flatbread Cal 490/Fat 24g/Carb 29g/Protein 33g | ENTRÉE OR SIDE |
| White Pasta-V Cal 224/Fat 1.8g/Carb 42.6.4g/Protein 8.8g | ENTRÉE OR SIDE |
| Wheat Pasta-V Cal 255/Fat 1.9g/Carb 46.7g/Protein 9.1g | ENTRÉE OR SIDE |
| Marinara Sauce-GF/V Cal 34.5/Fat 1.2g/Carb 4.7g/Protein 1g | |
| Alfredo Sauce Cal 115.2/Fat 7.7g/Carb 6.2g/Protein 4g | |

VEGAN/VEGETARIAN-LUNCH

| | |
|--|----------------|
| Garlic Tofu Broccoli-GF/V Cal 137/Fat 4g/Carb 11g/Protein 13g | ENTRÉE OR SIDE |
| Cheese Stuffed Manicotti Cal 221/Fat 9.2g/Carb 22.7g/Protein 10.8g | ENTRÉE OR SIDE |

VEGAN/VEGETARIAN-DINNER

| | |
|---|----------------|
| Vegan Pasta Fazool-V Cal 178.9/Fat 2.2g/Carb 34.8g/Protein 8.4g | ENTRÉE OR SIDE |
| Baked Spaghetti Squash Lasagna-GF Cal 192/Fat 9.2g/Carb 18g/Protein 12g | ENTRÉE OR SIDE |

***Unless specifically a "side" item, all nutritionals given are for entrée portions**

Hours of Operation
Breakfast: 7:00am to 11:00 am
Lunch: 11:00am to 2:00pm
Dinner: 4:30pm to 8:00pm

Friday
September 20, 2024

WYNEE'S BISTRO MENU



PARTNERED WITH



Friday Breakfast Station

French Toast



at *Stir Fry Station*



PORTABELLOS BREAKFAST

Scrambled Eggs-GF ENTRÉE OR SIDE

Cal 82/Fat 5.6g/Carb 0g/Protein 7g

Breakfast Pizza with Fruit Topping ENTRÉE OR SIDE

Cal 310/Fat 10g/Carb 29g/Protein 7g

Breakfast Pizza with Sausage Gravy ENTRÉE OR SIDE

Cal 380/Fat 22g/Carb 31g/Protein 17g

Ham, Egg & Cheddar Croissant ENTRÉE

Cal 420/Fat 22g/Carb 29g/Protein 22g

Biscuits & Sausage Gravy ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Oatmeal-V ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Vegan Spinach & Mushroom Tofu Scramble-V ENTRÉE

Cal 284/Fat 14.3g/Carb 14g/Protein 25g

Vegan "Chicken" Tender-V ENTRÉE

Cal 230/Fat 10g/Carb 19g/Protein 15g

Ham-GF SIDE

Cal 90/Fat 3.8g/Carb 0g/Protein 13.5g

Cheese Grits SIDE

Cal 216.3/Fat 9g/Carb 24.4g/Protein 9.1g

Tator Tots-GF/V SIDE

Cal 120/Fat 7g/Carb 15g/Protein 1g

Hard Boiled Eggs-GF SIDE

Cal 70/Fat 5g/Carb 0g/Protein 6g

Wright At Home

LUNCH

Breaded Flounder Sandwich ENTRÉE

Cal 481/Fat 24g/Carb 42g/Protein 23g

Bone-In BBQ Chicken-GF ENTRÉE

Cal 180/Fat 6g/Carb 10.5g/Protein 21g

Meat Lasagna ENTRÉE

Cal 270/Fat 9g/Carb 29g/Protein 17g

Sweet Potato Wedges- GF/V SIDE

Cal 212/Fat 8g/Carb 29.6g/Protein 1g

Florida Green Bean & Tomato-GF/V SIDE

Cal 28.9/Fat 0g/Carb 4.6g/Protein 1.2g

Italian Vegetable Blend-GF/V SIDE

Cal 30/Fat 0.8g/Carb 4.9g/Protein 2g

DINNER

Catch of the Day ENTRÉE

Inquire Regarding Nutritionals

Mojo Roasted Pork Loin-GF ENTRÉE

Cal 208/Fat 6g/Carb 6g/Protein 32g

Yellow Rice-GF/V SIDE

Cal 200/Fat 0g/Carb 42g/Protein 5g

Black Beans-GF/V

SIDE

Cal 104/Fat .3g/Carb 18.9g/Protein 6.9g

Vegetable Blend-GF/V

SIDE

Cal 62.2/Fat 0g/Carb 14.9g/Protein 2.5g

Roasted Butternut Squash-GF/V

SIDE

Cal 110.7/Fat 6.1g/Carb 15.4g/Protein 1.5g

Super Bowls LUNCH/DINNER

BASES

White Rice-GF/V

Cal 170/Fat 0g/Carb 13g/Protein 4g

Brown Rice-GF/V

Cal 166/Fat 0.8g/Carb 26g/Protein 5g

Rice Cauliflower-GF/V

Cal 27/Fat 0g/Carb 5g/Protein 2g

Broccoli-GF/V

Cal 25.8/Fat 0g/Carb 5.2g/Protein 2.6g

Black Beans-GF/V

Cal 104/Fat 0.3g/Carb 18.9g/Protein 6.9g

Green Beans-GF/V

Cal 33/Fat 0g/Carb 5.3g/Protein 1.3g

Golden Spiced Chickpeas-GF/V

Cal 130/Fat 5g/Carb 14g/Protein 6g

Maple Sweet Potatoes-GF/V

Cal 150/Fat 7g/Carb 23g/Protein 1g

PROTEINS

Roasted Chicken-GF

Cal 142/Fat 3.1g/Carb 0g/Protein 27g

BBQ Chicken-GF

Cal 202/Fat 3.1g/Carb 16g/Protein 27g

Steak Tips-GF

Cal 238/Fat 12.5g/Carb 0g/Protein 29.3g

Grilled Salmon-GF

Cal 234/Fat 14g/Carb 0g/Protein 25g

Caprese Tofu-GF/V

Cal 206/Fat 12.3g/Carb 6g/Protein 22g

STIR FRY STATION LUNCH/DINNER

Stir Fry of the Day

Inquire Regarding Nutritionals

Jasmine Rice-GF/V

Cal 196/Fat 1.8g/Carb 42.8g/Protein 3.6g

Lo Mein Noodle-V

Cal 270/Fat 3.1g/Carb 52g/Protein 11g

Asian Vegetable Blend-GF/V

Cal 60/Fat 0g/Carb 10g/Protein 2g

Cabbage Slaw-GF/V

Cal 27/Fat .14g/Carb 6.3g/Protein 1.6g

PORTABELLOS LUNCH/DINNER

Cheese Flatbread

ENTRÉE OR SIDE

Cal 430/Fat 21g/Carb 29g/Protein 21g

Chipotle Chicken Flatbread

ENTRÉE OR SIDE

Cal 490/Fat 24g/Carb 29g/Protein 33g

White Pasta-V

ENTRÉE OR SIDE

Cal 224/Fat 1.8g/Carb 42.6.4g/Protein 8.8g

Wheat Pasta-V

ENTRÉE OR SIDE

Cal 255/Fat 1.9g/Carb 46.7g/Protein 9.1g

Marinara Sauce-GF/V

Cal 34.5/Fat 1.2g/Carb 4.7g/Protein 1g

Alfredo Sauce

Cal 115.2/Fat 7.7g/Carb 6.2g/Protein 4g

VEGAN/VEGETARIAN-LUNCH

Bean, Corn, Vegan Cheese Quesadilla-V

ENTRÉE OR SIDE

Cal 376/Fat 9.5g/Carb 53.3g/Protein 14.4g

Vegetable Tetrazini

ENTRÉE OR SIDE

Cal 370.6/Fat 12.6g/Carb 48.6g/Protein 15.7g

VEGAN/VEGETARIAN-DINNER

Vegan Seitan "Beef"-V

ENTRÉE OR SIDE

Cal 42.4/Fat 0.4g/Carb 2.4g/Protein 7.5g

Herb Cous Cous with Tomatoes

ENTRÉE OR SIDE

Cal 200.5/Fat 13.7g/Carb 16.9g/Protein 2.5g

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