

## Breakfast

Available Mon. - Thurs.  
7:00 am - 9:30 am

[Order Online Here](#)

### Sandwiches

**Breakfast Burrito** - Scrambled eggs, bacon, and cheese wrapped in a white tortilla



**ELT** - Multigrain sandwich thin, one egg beater (cooked with scallions and bell pepper), 2% milk cheddar slice, lettuce, and tomato

**Hein Breakfast Sandwich** - Thomas' English Muffin, one baked egg, baby spinach, grilled Canadian bacon, 2% milkfat cheddar slice, and grilled in panini press



**Morning Skinny** - Multigrain sandwich thin, one Egg Beater, homemade turkey breakfast sausage patty, and 2% milkfat cheddar slice

**Prairie Sunrise** - Multigrain sandwich thin, one baked egg, 2% milk cheddar slice, and quinoa veggie burger with black bean and corn



**Toasted Bagel Sandwich** - Bacon, egg, and cheddar cheese



### **Blueberry Muffin**

with streusel topping

### **Baked Blueberry Oatmeal**

### **Fresh Berry-Yogurt Parfait**

Lowfat vanilla yogurt with fresh berries and granola



### **Fresh Fruit Salad**

Fruit as available, such as cantaloupe, honeydew, pineapple, strawberries, red grapes - 12 oz. bowl



### **Omelets**

Omelets are made to order with your choice of eggs or Egg Beaters and served with a side of toast.

#### **Fresh Omelet Ingredients Include;**

Bacon, Canadian Bacon, Turkey Sausage , Baby Spinach, Bell Peppers, Broccoli, Mushrooms, Onion, Roasted Red Pepper, Sundried Tomato, Tomato

**Cheese-**American, Cheddar, Feta, Pepperjack, Provolone, or Swiss



### **Protein Shakes**

Blueberry Strawberry, Peach Mango, Strawberry Banana, Chocolate Peanut Butter, Just Fruit - 16 oz.

### **Toasted Bagles**

Served with a side of cream cheese

# Lunch

# Order Online Here

## Sandwiches

Look for Weekly Sandwich & Salad  
Specials Tuesdays through  
Thursdays



**Grilled Cheese** - Cheddar, American, Swiss and Provolone cheeses grilled on white bread

**Ham & Cheddar Panini** - Ham, cheddar, apple slices, and honey mustard on country white bread, grilled in the panini press



**Old Fashioned Peanut Butter** - A childhood favorite served with your choice of grape jelly or marshmallow Fluff

**Phili Cheesesteak Fajita Melt** - Shaved steak on a grilled sub roll topped with caramelized onions, peppers and Provolone cheese



**The Princess** - Leaf lettuce, tomato, sliced cucumbers, Provolone, Swiss, sprouts, parmesan peppercorn dressing on a pita

## Sandwich Combos

**1/2 Sandwich and 6 oz. Fruit Cup** - Choice of sandwich, served with mixed fruit

**1/2 Sandwich and 8 oz. Soup** - Choice of sandwich, served with the soup of the week

**1/2 Sandwich and Small Green Salad** - Choice of sandwich, served with a side salad

## Scoop of Chicken or Tuna Salad with Fresh Fruit

Breast of chicken with mayonnaise, celery and seasoning or a scoop of white albacore tuna, both served with fresh fruit and a sandwich thin



## Made to Order Salads

- You pick the ingredients and Chef Stef will make the salad.
- For an added cost, you can pair your salad with grilled chicken, tuna, or shrimp.

**Veggies** - Alfalfa Sprouts, Banana Peppers, Bell Peppers, Broccoli, Carrots, Ceci Beans, Cucumber, Dill Pickle, Field Greens, Grape Tomatoes, Kalamata Olives, Mushrooms, Red Onion, Romaine Lettuce  
**Cheese** - Blue Cheese, Shredded Cheddar, Feta  
**Extras** - Craisins, Croutons, Hard Boiled Egg, Sunflower Seeds



## Personal Pizza

Grilled thin crust pizza with cheese and pepperoni



## Snacks & Beverages

A wide variety of snacks and beverages are also available to be delivered to your office.



## *Dinners to Go*

## *Order Online Here*

Hein 'N Dine specials and dinner options are released every Wednesday afternoon via email to our account holders.

- Orders must be placed by Friday by 5 p.m. for the following week's specials
- Delivery days are Tuesday, Wednesday, and Thursday
- Most weeks you will be able to choose from a To-Go Entree, or a Soup of the Week (Small - 8 oz. Large - 16 oz. Quart - 32 oz.)



Tex-Mex Chopped  
Chicken Salad



Shrimp Scampi



Pasta e Fagioli



New England  
Clam Chowder



Minestrone



Apple-Maple Pork Loin



Greek Chicken Kebobs