



The Panther's Den

Sides....

Vegetable Crudités Snack Cup

Crisp Fresh Carrot and Celery Sticks
with Fat Free Ranch Dressing

Cal 70-Serv. Size: 1 Snack Cup (202g) • Fat cal. 5 • Total fat .5g • Sat fat 0g • Trans fat 0g, Cholest 0mg • Sodium 410mg • Total carb 16g • Fiber 4g • Sugars 7g • Protein 2g, Contains milk, soy, gluten, MSG

Criss Cut French Fries

Cal 210-Serv Size: 3 oz. (85g) • Fat cal. 120 • Total fat 14g • Sat fat 1.5g • Trans fat 0g, Cholest 0mg • Sodium 70mg • Total carb 20g • Fiber 3g • Sugars 0g • Protein 2g, Contains soy

Fresh Fruit Salad (No Grapes)

Cal 40-Serv. Size: 4 oz. (113g) • Fat cal. 0 • Total fat 0g • Sat fat 0g • Trans fat 0g, Cholest. 0mg • Sodium 14mg • Total carb 11g • Fiber < 2g • Sugars 10g • Protein 2g



Quesadilla's & Taco's



Cheese Quesadilla

A Flour Tortilla Filled with Melting
Shredded Cheese and Grilled Golden Brown

Cal 330-Serv. Size: 1 Quesadilla (99g) • Fat cal. 130 • Total fat 14g • Sat fat 8g • Trans fat 0g, Cholest. 30mg • Sodium 680mg • Total carb 36g • Fiber 1g • Sugars 0g • Protein 13g, Contains milk, wheat, soy, gluten

Chicken & Cheese Quesadilla with Salsa

A Grilled Flour Tortilla with Monterey Jack Cheese and
Fajita-Style Chicken, Served with Salsa

Cal 530- Serv Size: 1 Quesadilla (257g) • Fat cal 240 • Total fat 26g • Sat fat 14g • Trans fat 0g, Cholest 95mg • Sodium 1160mg • Total carb 42g • Fiber 3g • Sugars 4g • Protein 30g, Contains milk, wheat, soy, gluten

Beef Taco

Taco Seasoned Beef with Cheddar, Lettuce and Tomato
with Crisp Corn Taco Shells

Cal 170- Serv Size: 1 Taco (84g) • Fat cal 90 • Total fat 11g • Sat fat 4.5g • Trans fat 0g, Cholest 25mg • Sodium 190mg • Total carb 11g • Fiber 1g • Sugars 1g • Protein 8g
Contains milk

Salad & Wraps

BLT Chicken Salad

Grilled bite size chicken breasts on a bed of fresh romaine and leaf mix, topped with tomato, shredded cheddar cheese and bacon bits

Cal 210- Serv. Size: 1 Salad (197g) • Fat cal. 110 • Total fat 12g • Sat fat 5g • Trans fat 0g, Cholest. 65mg • Sodium 280mg • Total carb 5g • Fiber 2g • Sugars 2g • Protein 20g, Contains milk

Buffalo Chicken Petite Wrap

Mini Wrap with Spicy Grilled Marinated Chicken, Crisp Lettuce, Ripe Tomato, and Rich & Creamy Blue Cheese Dressing

Cal 390- Serv. Size: 1 Salad (24 oz.) (294g) • Fat cal. 220 • Total fat 25g • Sat fat 10g • Trans fat 0g, Cholest. 195mg • Sodium 420mg • Total carb 8g • Fiber 4g • Sugars 3g • Protein 34g, Contains milk, eggs

Asian Chicken Vegetable Wrap

Pineapple Soy Marinated Chicken in a Tortilla with Spinach, Mushrooms, Red Peppers and Carrots

Cal 190- Serv Size: 1/2 Wrap (124g) • Fat cal 35 • Total fat 4g • Sat fat 1.5g • Trans fat 0g, Cholest 30mg • Sodium 430mg • Total carb 24g • Fiber 2g • Sugars 5g • Protein 13g, Contains wheat, soy, gluten, mustard

Chicken & Cheddar Wrap

Warm Wrap Sandwich with Roasted Chicken and Cheddar Cheese

Cal 460-mServ Size: 1 Wrap (184g) • Fat cal 180 • Total fat 20g • Sat fat 9g • Trans fat 0g, Cholest 90mg • Sodium 720mg • Total carb 36g • Fiber 2g • Sugars 0g • Protein 31g, Contains milk, wheat, soy, gluten



Sandwiches

Hot Open Faced Turkey Sandwich

Turkey Breast Served Open-Face on Toasted Bread with Turkey Gravy

Cal 190- Serv Size: 1 Sandwich+Gravy (142g) • Fat cal 50 • Total fat 6g • Sat fat 1.5g • Trans fat 0g, Cholest 30mg • Sodium 790mg • Total carb 21g • Fiber 0g • Sugars < 1g • Protein 15g, Contains wheat, soy, gluten

Spicy Italian Submarine Sandwich

Ham, Salami, Pepperoni, Provolone Cheese, Black Olives, Lettuce, Tomato Onion and pepper served on 6" French Bread With Red Pepper Basil Sauce

Cal 2870- Serv Size: 1 Whole Sandwich (1278g) • Fat cal 1190 • Total fat 133g • Sat fat 51g • Trans fat 0g, Cholest 325mg • Sodium 10040mg • Total carb 284g • Fiber 14g • Sugars 26g • Protein 135g Contains milk, eggs, wheat, soy, gluten, mustard



Make a meal add \$2.69 Pick 1 Side and 32 oz Fountain Drink

Sandwiches

Breaded Fish Sandwich

Crunchy Breaded Fish on a Toasted Bun
with Lettuce, Tomato, and Tartar Sauce

Cal 400-Serv. Size: 1 Sandwich (220g) • Fat cal. 140 • Total fat 16g
• Sat fat 2g • Trans fat 0g, Cholest. 60mg • Sodium 770mg • Total
carb 44g • Fiber 2g • Sugars 5g • Protein 19g, Contains eggs, fish,
wheat, soy, gluten

Classic Cheeseburger on a Toasted Bun

Juicy Grilled Burger Cooked to Perfection
Served on a Toasted Bun with Lettuce,
Ripe Tomato, and American Cheese

Cal 340-Serv. Size: 1 Sandwich (121g) • Fat cal. 180 • Total fat 20g
• Sat fat 8g • Trans fat 0g, Cholest. 55mg • Sodium 1170mg • Total
carb 26g • Fiber 1g • Sugars 4g • Protein 15g, Contains milk, wheat,
soy, gluten, mustard

Chicken Parmesan

Breaded Chicken Breast on a Club Roll with
Marinara Sauce, Mozzarella and Parmesan Cheeses

Cal 820-Serv Size: 1 Plate (391g) • Fat cal 390 • Total fat 43g • Sat
fat 9g • Trans fat 0g, Cholest 65mg • Sodium 1680mg • Total carb
78g • Fiber 7g • Sugars 5g • Protein 30g, Contains milk, wheat, soy,
gluten

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More....

8 pc. Chicken Nugget

The New, All-American Comfort Food:
Crunchy, Crispy, Quick-Fried Chicken Nuggets

Cal 480-Serv. Size: 6 oz. (170g) • Fat cal. 270 • Total fat
.30g • Sat fat 5g • Trans fat 0g, Cholest. 65mg • Sodium
910mg • Total carb 25g • Fiber 2g • Sugars 0g • Protein
25g, Contains wheat, gluten

20 pc. Chicken Nugget

The New, All-American Comfort Food:
Crunchy, Crispy, Quick-Fried Chicken Nuggets

Cal 1200-Serv. Size: 15 oz. (400g) • Fat cal. 600 • Total fat
70g • Sat. fat 1g • Trans. fat 0g, Cholest. 100mg • Sodium
2100mg • Total carb 60g • Fiber 5g • Sugars 0g • Protein
60g, Contains wheat, gluten

Grilled Cheese

Slow grilled sandwich on white bread and American cheese

Cal 400- Serv. Size: 1 Sandwich (124g) • Fat cal 200 • Total
fat 23g • Sat fat 13g • Trans fat .5g, Cholest 50mg •
Sodium 1370mg • Total carb 32g • Fiber 1g • Sugars 3g •
Protein 16g, Contains milk, wheat, soy, gluten





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