



# MEAL BLOCKS

## **STEP 1:** CHOOSE A MAIN

### **BREAKFAST**

Muffin  
Steamed Oatmeal  
Mylk Labs Oatmeal  
Overnight Oats  
Painterland Sisters  
Skyr Yogurt  
Chia Pudding

### **LUNCH & DINNER**

Grilled Cheese Panini  
Ham & Cheese  
Croissant  
Portobello Sandwich  
Frittata  
Bean Salad  
Noodle Salad

## **STEP 2:** CHOOSE A SIDE

Fresh Fruit  
Babybel Cheese  
Cucumber Salad  
Chips or Pretzels

## **STEP 3:** CHOOSE A DRINK

12 oz. Drip Coffee  
12 oz. Americano  
Hot Tea  
Iced Tea  
Bottle of Water

## **PREMIUM DRINK OPTIONS + \$1.00**

Latte  
Hot Chocolate  
Specialty Drink  
Seasonal Drink  
Natalie's Lemonade

### **FEATURED BREAKFAST BLOCK + \$1.00**

**Breakfast Panini +  
12 oz Drip Coffee • 12 oz Americano • Hot or Iced Tea • Bottle of Water  
(no modifications)**

### **FEATURED LUNCH BLOCK + \$1.00**

**Breakfast Panini or Wrap +  
12 oz Drip Coffee • 12 oz Americano • Hot or Iced Tea • Bottle of Water  
(no modifications)**

### **FEATURED DINNER BLOCK + \$1.00**

**Breakfast Panini, Wrap or Charcuterie Box +  
12 oz Drip Coffee • 12 oz Americano • Hot or Iced Tea • Bottle of Water  
(no modifications)**