



THE RUSTIC GRILL  
at Stone Water

# Grab and Go MENU



BREAKFAST

8-11 weekdays | 7-11am weekends

BREAKFAST SANDWICH \$5  
bacon, egg and cheese on english muffin

YOGURT PARFAIT \$6  
granola, blueberries and greek yogurt

ASSORTMENT OF DAILY PASTRIES \$2.5

BREAKFAST CREPES \$7 *(available Saturday mornings only made to order on the patio!)*  
egg, ham and swiss

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11am-6pm

TURKEY SWISS WRAP \$6  
turkey, swiss, lettuce, whole wheat wrap

VEGGIE WRAP \$7  
cucumber raita, mixed greens, roasted red peppers,  
grilled red onions, grilled zucchini, avocado, quinoa,  
whole wheat wrap

HOT DOG \$4.5

FRIED CHICKEN SANDWICH \$6  
challah bun, house pickles, bacon & cheddar

TUNA OR CHICKEN SALAD BOWL \$6

PROTEIN BOWLS \$5  
2 hardboiled eggs, cheese & almonds

LUNCH

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7am-6pm

PROTEIN BITES \$3.50 (includes 3)  
rolled oats, peanut butter, chocolate chips, flaxseed,  
shredded coconut & chia seeds

FRUIT \$1.5  
apples, bananas, or oranges

ANYTIME

CHOCOLATE CHIP COOKIES *complimentary*