



## Balanced Choices

### BREAKFAST BOWLS

- **Veggie Egg White Omelet Sandwich** with cheddar cheese, spinach, and tomato on multigrain toast (410 calories, 23g protein)
- **Roasted Veggie Egg White Omelet Shorti** with roasted veggies, cheddar cheese, on white or wheat roll (490 calories, 27g protein)
- **Toasted Everything Bagel** with veggie cream cheese, cucumbers, and tomato (370 calories, 12g protein)
- **Roasted Veggie Breakfast Burrito** with egg white omelet, roasted veggies, cheddar cheese, and fresh salsa (440 calories, 20g protein)
- **Scrambled Eggs Burrito** with scrambled eggs, cheddar cheese, avocado in a warm tortilla (610 calories, 26g protein)
- **Roasted Veggie Breakfast Bowl** with scrambled eggs, roasted veggies, and spinach (610 calories, 37g protein)
- **Egg White Omelet Burrito Bowl** with egg white omelet, cheddar cheese, spinach, avocado, and fresh salsa (180 calories, 13g protein)
- **Frozen Banana Cold Brew Oat Milk Smoothie** (16oz 230 calories, 2g protein)
- **Cinnamon Brown Sugar Oatmeal** (medium, 410 calories, 7g protein)

### HOAGIES & SANDWICHES

- **Roasted Veggie Avocado Shorti** with roasted veggies, cheddar cheese, spinach, avocado, on white or wheat roll (470 calories, 20g protein)
- **Spicy Roasted Veggie & Provolone Shorti** with little bit of mayo, provolone cheese, spinach, tomato, spicy pepper relish on white or wheat roll (450 calories, 19g protein)

### SALADS & BOWLS

- **Garden Salad** with hardboiled egg, spring mix, spinach, feta cheese, grape tomatoes, cucumber, carrots, red onions, croutons, and balsamic or ranch (430 calories, 20g protein)
- **Southwest Roasted Veggie Salad** with romaine, roasted veggies, white cheddar, red onions, black beans, fresh salsa, crispy jalapenos with balsamic or ranch (530 calories, 16g protein)
- **Black Bean Burrito Bowl** with hot black beans, lettuce, fresh salsa, crispy jalapenos, avocado and chipotle sauce (580 calories, 12g protein)

### BURRITOS & QUESADILLAS

- **Black Beans & Rice Burrito** with seasoned white rice, black beans, cheddar cheese sauce, lettuce, fresh salsa, jalapenos, avocado (490 calories, 12g protein)
- **Roasted Veggie Burrito** with roasted veggies, black beans, rice, cheddar cheese sauce, lettuce, fresh salsa, jalapenos, avocado on a warm tortilla (490 calories, 12g protein)
- **Roasted Veggie Quesadilla** with roasted veggies, cheddar cheese, fresh salsa and avocado (630 cals, 25g protein)

### SOUPS & SIDES

- **Mashed Potatoes** (medium, 470 calories, 7g protein)
- **Rice & Black Beans** (medium, 270 calories 11g protein)
- **Tomato Basil Bisque** (medium, 330 calories, 4g protein)
- **Broccoli Cheddar Soup** (medium, 280 calories, 9g protein)
- **Roasted Veggies** (medium, 80 calories, 2g protein)

### EXPRESS CASE

- **Apple Peanut Butter Dipper** • **Fresh Cut Fruit & Banana**
- **Fruit & Yogurt Parfaits**

## What do we mean by "Plant-Based Options"?

Plant-based does not mean vegan. Some of our plant-based options may contain dairy and eggs. Plant-based components may come in contact with animal-based components or ingredients during preparation and cooking.

For more information about the ingredients in these choices visit:

<https://www.wawa.com/fresh-food/nutrition-quality-food/nutrition>

