

# FAST & FRESH

## LUNCH MENU

### EXTRA LARGE CUT PIZZA BY THE SLICE \$5.25

(Comes with a dipping sauce.)

- Hamburger 670 Cal
- Double Pepperoni 780 Cal
- Extra Cheese 620 Cal
- Manager's Choice

### BAKED LASAGNE WITH MEAT SAUCE OR MARINARA \$7.00 620/600 Cal

### BAKED PASTA PRIMAVERA \$7.50 530 Cal

A Val's original! Vegetable blend with rotini pasta, beer cheese sauce, herbs and spices, baked with mozzarella cheese.

### BAKED PENNE CHICKEN ALFREDO \$7.99 660 Cal

Penne pasta with seasoned grilled chicken, fresh broccoli, and Alfredo sauce, topped with mozzarella and cheddar cheese.

### TOSSED PASTA \$6.00

- Select Your Pasta:  
Spaghetti, Mostaccioli, or Fettuccine 530 Cal
- Select Your Sauce:  
Meat Sauce 200 Cal, Marinara 170 Cal,  
Alfredo 430 Cal, Beer Cheese 310 Cal,  
or Sicilian 440 Cal
- Add seasoned grilled chicken  
or sautéed broccoli 70/5 Cal - **\$1.50**

### SALAD & SOUP BUFFET \$7.89

With purchase of Pizza,  
Lasagne, or Pasta - **ONLY \$4.29**

### HOUSE SIDE SALAD \$3.79 120 Cal (Does not include calories for dressing)

### HOMEMADE BREADTWISTS \$2.79 2 Garlic Butter or Cinnamon Icing 690/760 Cal

### GARLIC ROLL \$2.99 230 Cal/piece

**(11 AM - 1:30 PM)**