

# FAST & FRESH

## LUNCH MENU

### EXTRA LARGE CUT

#### PIZZA BY THE SLICE \$5.39

(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 \$7.19 620/600 Cal

#### BAKED PASTA PRIMAVERA \$7.69 530 Cal

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

#### BAKED PENNE CHICKEN ALFREDO \$8.19 660 Cal

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

#### TOSSED PASTA \$6.19

- 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 \$8.09

With purchase of Pizza,  
Lasagne, or Pasta - **ONLY \$4.39**

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

#### HOMEMADE BREADTWISTS \$2.89 2 Garlic Butter or Cinnamon Icing 690/760 Cal

#### GARLIC ROLL \$3.09 230 Cal/piece

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