

Friday
November 15, 2024

WYNEE'S BISTRO MENU

FLORIDA
SOUTHERN
COLLEGE

GUEST
SERVICES™

Friday Breakfast Station

French Toast



at *Stir Fry Station*



PORTABELLOS BREAKFAST

Scrambled Eggs-GF ENTRÉE OR SIDE

Cal 82/Fat 5.6g/Carb 0g/Protein 7g

Breakfast Pizza with Fruit Topping ENTRÉE OR SIDE

Cal 310/Fat 10g/Carb 29g/Protein 7g

Breakfast Pizza with Sausage Gravy ENTRÉE OR SIDE

Cal 380/Fat 22g/Carb 31g/Protein 17g

Ham, Egg & Cheese Croissant ENTREE

Cal 390/Fat 22g/Carb 37g/Protein 14g

Biscuits & Sausage Gravy ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Oatmeal-V ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Vegan Biscuit & Gravy-V ENTRÉE

Cal 254/Fat 10g/Carb 24g/Protein 16g

Ham-GF SIDE

Cal 90/Fat 3.8g/Carb 0g/Protein 13.5g

Tator Tots-GF/V SIDE

Cal 120/Fat 7g/Carb 15g/Protein 1g

Hard Boiled Eggs-GF SIDE

Cal 70/Fat 5g/Carb 0g/Protein 6g

Wright At Home

LUNCH

Meatball Sub ENTRÉE

Cal 470/Fat 22g/Carb 50g/Protein 15g

Cajun Catfish ENTRÉE

Cal 120/Fat 2.5g/Carb 11g/Protein 14g

Pizza Casserole ENTRÉE

Cal 334/Fat 20.3g/Carb 15.4g/Protein 21g

Steak Fries- GF/V SIDE

Cal 204.8/Fat 9.8g/Carb 27.2g/Protein 2.2g

Italian Flat Beans-GF/V SIDE

Cal 25/Fat 0g/Carb 5g/Protein 1g

Broccoli-GF/V SIDE

Cal 25.8/Fat 0g/Carb 5.2g/Protein 2.6g

DINNER

Country Fried Steak ENTRÉE

Cal 369.6/Fat 22g/Carb 12.4g/Protein 27.2g

Veracruz Snapper-GF ENTRÉE

Cal 211.6/Fat 5.6g/Carb 9.4g/Protein 31g

Mashed Potatoes-GF SIDE

Cal 201/Fat 12.3g/Carb 18.8g/Protein 3g

Green Beans-GF/V SIDE

Cal 90/Fat 7g/Carb 7g/Protein 2g

Spinach-GF/V

SIDE

Cal 36/Fat 0.8g/Carb 4.9g/Protein 4.5g

Super Bowls LUNCH/DINNER**BASES****White Rice-GF/V**

Cal 170/Fat 0g/Carb 13g/Protein 4g

Brown Rice-GF/V

Cal 166/Fat 0.8g/Carb 26g/Protein 5g

Rice Cauliflower-GF/V

Cal 27/Fat 0g/Carb 5g/Protein 2g

Broccoli-GF/V

Cal 25.8/Fat 0g/Carb 5.2g/Protein 2.6g

Black Beans-GF/V

Cal 104/Fat 0.3g/Carb 18.9g/Protein 6.9g

Green Beans-GF/V

Cal 33/Fat 0g/Carb 5.3g/Protein 1.3g

Golden Spiced Chickpeas-GF/V

Cal 130/Fat 5g/Carb 14g/Protein 6g

Maple Sweet Potatoes-GF/V

Cal 150/Fat 7g/Carb 23g/Protein 1g

PROTEINS**Roasted Chicken-GF**

Cal 142/Fat 3.1g/Carb 0g/Protein 27g

BBQ Chicken-GF

Cal 202/Fat 3.1g/Carb 16g/Protein 27g

Steak Tips-GF

Cal 238/Fat 12.5g/Carb 0g/Protein 29.3g

Grilled Salmon-GF

Cal 234/Fat 14g/Carb 0g/Protein 25g

Caprese Tofu-GF/V

Cal 206/Fat 12.3g/Carb 6g/Protein 22g

STIR FRY STATION LUNCH/DINNER**Stir Fry of the Day****Jasmine Rice-GF/V**

Cal 196/Fat 1.8g/Carb 42.8g/Protein 3.6g

Lo Mein Noodle-V

Cal 270/Fat 3.1g/Carb 52g/Protein 11g

Asian Vegetable Blend-GF/V

Cal 60/Fat 0g/Carb 10g/Protein 2g

Cabbage Slaw-GF/V

Cal 27/Fat .14g/Carb 6.3g/Protein 1.6g

PORTABELLOS LUNCH/DINNER**Cheese Flatbread**

ENTRÉE OR SIDE

Cal 430/Fat 21g/Carb 29g/Protein 21g

Flatbread of the Day

ENTRÉE OR SIDE

White Pasta-V

ENTRÉE OR SIDE

Cal 224/Fat 1.8g/Carb 42.6.4g/Protein 8.8g

Wheat Pasta-V

ENTRÉE OR SIDE

Cal 255/Fat 1.9g/Carb 46.7g/Protein 9.1g

Marinara Sauce-GF/V

Cal 34.5/Fat 1.2g/Carb 4.7g/Protein 1g

Alfredo Sauce

Cal 115.2/Fat 7.7g/Carb 6.2g/Protein 4g

VEGAN/VEGETARIAN-LUNCH

Butternut Squash & Kale Quesadilla-V

ENTRÉE OR SIDE

Cal 313/Fat 9g/Carb 40g/Protein 19g

VEGAN/VEGETARIAN-DINNER

Vegan "Chicken" and Rice Casserole-GF/V

ENTRÉE OR SIDE

Cal 353/Fat 17g/Carb 35g/Protein 15g

***Unless specifically a "side" item, all nutritionals given are for entrée portions**

Hours of Operation

Breakfast: 7:00am to 11:00 am

Lunch: 11:00am to 2:00pm

Dinner: 4:30pm to 8:00pm