



# Egger's Lunch Line

**(704) 680-6763**

**Text or call orders in before 9:00 am for delivery between 11:00am and 2:00pm**

\* All plates/salads come with canned Fanta Soda/water for \$10.00

## Everyday Menu: available Monday through Friday

### **Aunt Lynn's Chef salad**

Fresh local greens with cheddar cheese, bacon, eggs, deli ham, and turkey

### **Homemade Chicken Salad**

Served on wheat bread or a bed of fresh local green salad mix with tomatoes

### **Homemade Tuna Salad**

Served on wheat bread or fresh local greens salad mix with tomatoes

### **SOUL Bowl**

A delicious mix of Classic Mac and cheese layered with mashed potatoes, collard greens, candied yams and fried chicken breast or boneless pork chop

## **SOULFIT Bowl**

Buttered brown rice beneath steamed vegetable medley. The bowl is then topped off with a deliciously seasoned baked chicken breast.

## **Keto Menu**

**( Keto Meals are \$8.00 and include bottled water)**

**\*Chopped onions can be added (0.9 carbs per Tbsp)**

**Loaded broccoli or Cauliflower (approx 6 carbs)**

Choose either broccoli or Cauliflower to be with topped with grilled chicken and smothered with butter, bacon, cheese, and sour cream!

**Pork Skin Nachos (approx 6 carbs/ with jalapeno 11 carbs)**

Barbeque pork skin rinds covered with nacho cheese ,bacon bits, jalapeno (optional), and sour cream

**Broccoli and Turkey Kielbasa (approx 12 carbs)**

Specially seasoned broccoli and kielbasa sausage with melted cheddar cheese and bacon.

**\*\*Any of the daily meals can also be made Keto friendly. You will be given options when ordering.**

## **Weekly Menu (changes daily)**

---

### **Monday**

Mac Attack Day!

Shrimp Mac

Philly Steak and cheese Mac

Bacon cheeseburger Mac

Chicken and Spinach Mac

Spicy Buffalo chicken Mac

(KETO SUBSTITUTE NOODLES FOR BROCCOLI OR CAULIFLOWER)

**Tuesday**

Homemade meatloaf with mashed potatoes and cream of mushroom gravy, broccoli, Mac and cheese, and a roll

**Wednesday**

Baked chicken leg quarter with white buttered rice, home style green beans, Mac and cheese and a roll

**Thursday**

Roasted turkey wings with homemade dressing and gravy, green beans, classic Mac and cheese and a roll

**Friday**

Barbeque Chicken Sandwich, coleslaw (mayo), baked beans, and classic Mac and cheese

**\*\*All meals can be altered to meet Keto standard. Options will be discussed when ordering\*\*\***