

**Supplementary Figure 1A**  
Hamburger Restaurant Menu

 <p><b>Mains</b></p>	 <p><b>Sides</b></p>	 <p><b>Drinks</b></p>
<p><b>HAMBURGERS</b>  Hamburger  Cheeseburger  Deluxe Burger  Deluxe Cheeseburger  Double Burger  Double Cheeseburger  Veggie Burger</p> <p><b>SANDWICHES</b>  Fried Chicken Sandwich  Grilled Chicken Sandwich  Fish Sandwich</p> <p><b>CHICKEN</b>  4 Chicken Nuggets/Strips  6 Chicken Nuggets/Strips</p> <p><b>SALADS</b>  Chicken BLT Salad  Chicken Caesar Salad</p>	<p><b>FRENCH FRIES</b>  Small  Medium  Large</p> <p><b>ONION RINGS</b>  Small  Medium  Large</p> <p><b>SIDE GARDEN SALAD</b>  Regular Dressing  Light Dressing</p> <p><b>POUTINE</b></p> <p><b>MOZZARELLA STICKS</b></p> <p><b>APPLE SAUCE</b></p>	<p><b>SOFT DRINKS (any kind)</b>  Small  Medium  Large</p> <p><b>DIET SOFT DRINKS (any kind)</b>  Small  Medium  Large</p> <p><b>JUICE (any kind)</b>  Small  Medium  Large</p> <p><b>MILKSHAKE</b>  Small  Medium  Large</p> <p><b>COFFEE/TEA</b>  Cream  Milk  Sugar</p> <p><b>WATER</b></p>

**Supplementary Figure 1B**  
Breakfast Restaurant Menu

## **Breakfast Menu**

### **Eggs Benedict**

#### **Classic Eggs Benedict**

Two poached eggs and bacon on an English muffin, topped with hollandaise sauce.

#### **Smoked Salmon Benedict**

Salmon on an English muffin topped with two poached eggs and hollandaise sauce.

#### **Florentine Benedict**

Two poached eggs on pumpernickel Bread with cream cheese, spinach, smoked salmon and hollandaise sauce.

#### **Asparagus and Brie Benedict**

English muffin with two poached eggs, cheese, asparagus and hollandaise sauce.

### **French Toast**

#### **Multigrain French Toast**

Two slices of multigrain bread, with cinnamon fresh mixed berries and maple syrup.

#### **Loaded French Toast**

French toast topped with fruit, caramel, candied pecans, vanilla frozen yogurt and pure maple syrup.

### **Waffles**

#### **Plain Waffle**

#### **Strawberry Waffle**

#### **Banana Waffle**

#### **Mixed Berry Waffle**

#### **Warm Apple Waffle**

### **Omelettes (2 eggs)**

#### **Deli Omelette**

#### **Ham and Cheese**

#### **Spinach and Feta**

#### **Wild Mushroom**

#### **Veggie & Cheese**

#### **Avocado Omelette**

#### **Cheddar Cheese**

### **Classic Items**

#### **Bacon, 2 Eggs, Toast & Potatoes**

#### **Steak, 2 Eggs, Toast & Potatoes**

#### **Granola Yogurt Parfait**

**Supplementary Figure 1C**  
Sub Shop Menu

<b>The Sub Shop</b>	
Black Forest Ham Sub Turkey Sub Veggie Sub Roast Beef Sub Tuna Sub Roasted Chicken Sub Sweet Onion Chicken Teriyaki Sub Turkey Breast & Black Forest Ham Sub Meatball and Tomato Sauce Sub Italian Salami, Pepperoni and Ham Sub Pepperoni Pizza Sub Italian Salami, Pepperoni and Cheese Sub Chicken Pizza Sub Steak & Cheese Sub Turkey, Roast Beef and Ham Sub Chicken, Cheese and Bacon Sub Turkey, Ham, Salami and Bologna Sub Turkey, Ham, Bacon and Cheese Sub	<b>Available in Two Sizes:</b>  6 Inch  12 Inch  All sandwiches are served with your choice of lettuce, tomato, cucumber or onions

Supplementary Figure 1D  
Dinner Restaurant Menu

**Entrées**

**Salad Entrées**

Caesar Salad  
Chicken Caesar Salad  
Warm Beet and Spinach Salad  
Santa Fe Chicken Salad

**Pasta Entrées**

Penne Alfredo  
Mediterranean Linguini w/ Chicken  
Prawn and Scallop Linguini

**International Entrées**

Chicken Curry Rice w/ Naan Bread  
Pad Thai

Spicy Thai Curry with Shrimp

Kung Pao Stir Fry

**Seafood Entrées**

Fish and Chips



**\*\*\*The Following Items are  
Served with Your Choice  
of One Side Dish\*\*\***

**Sandwiches\*\*\***

Grilled Chicken on a Ciabatta  
Roasted Chicken Quesadilla  
Chicken Tacos  
Steak Sandwich  
Short Rib Beef Dip

**Chicken\*\*\***

Cajun Blackened Chicken  
Roast Chicken with Dijon  
Parmesan Pine Nut Chicken

**Steak\*\*\***

9oz Top Sirloin  
9oz Top Sirloin w/Peppercorn Sauce  
12 oz New York Striploin  
12 oz Blackened New York Striploin

**Seafood\*\*\***

Cedar Planked Salmon

**Side Dish Choices (pick one)**

Fingerling Potatoes w/Garlic Butter  
Garlic Mashed Potatoes  
Potato Salad  
Roast Potatoes  
Penne Alfredo  
Coleslaw  
Mediterranean Vegetables  
Mixed Green Salad with Vinaigrette  
French Fries