

Supplementary Figure 1A
Hamburger Restaurant Menu

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

<h1>The Sub Shop</h1>	
<ul style="list-style-type: none"> 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 	<p>Available in Two Sizes:</p> <p>6 Inch</p> <p>12 Inch</p> <p>All sandwiches are served with your choice of lettuce, tomato, cucumber or onions</p>

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