

# Breakfast

## SANDWICHES

**Spinach & Egg White Delight** (259 cal.) **\$3.69**

Hard fried egg with fresh, sautéed spinach and Swiss cheese on a toasted whole wheat English muffin.

**Sausage, Egg & Cheese Bagel** (622 cal.) **\$3.99**

Fresh sausage patty, American cheese, and a hard fried egg on a toasted bagel.

**Bacon, Egg & Cheese Croissant** (573 cal.)..... **\$3.99**

Crisp turkey bacon, cheddar cheese, and a hard fried egg on a warm croissant.

## WRAPS

**Sausage, Egg & Cheese** (601 cal.)..... **\$3.69**

Scrambled eggs, crumbled sausage, and melted cheddar cheese wrapped in a whole wheat tortilla.

**Denver Omelet** (633 cal.)..... **\$4.29**

Scrambled eggs, crumbled sausage, and cheddar cheese with roasted red peppers, onions, and mushrooms in a whole wheat tortilla.

## BAGEL TOPPERS

**Strawberry Field Topper** (566 cal.)..... **\$3.89**

A toasted bagel topped with strawberry cream cheese, strawberry slices, housemade granola, and drizzled with honey.

**Lisa Marie Topper** (571 cal.)..... **\$3.89**

A toasted bagel topped with Nutella, banana slices, and almonds.

**PASTRY OF THE DAY** (106-465 cal.) **\$1.99**

# HELPING Fight Hunger IN OUR COMMUNITY

The Changed Plate is serving two signature dishes with 10 percent of the proceeds going towards Hunger Solutions.

The two dishes are the *Sausage, Egg & Cheese Wrap* for breakfast and the *Classic Italian Flatbread* for lunch.

## WHAT IS HUNGER SOLUTIONS?

Memorial Health System has partnered with Peoples Bank, Marietta College and Bricker and Eckler Attorneys at Law to create a community-based, collaborative plan to raise awareness and help eliminate hunger in our region. This partnership brings necessary resources and support to our community as we strive to collaborate with agencies and organizations to lessen and eventually end hunger in the Mid-Ohio Valley.

## Mission & Vision

- To reduce hunger in the Mid-Ohio Valley.
- To ensure all residents in the Mid-Ohio Valley have access to nutritional food by providing direct food assistance, education and long term solutions to prevent hunger through the collaborative efforts of local businesses and support agencies.

In helping meet the goal of fighting hunger in our community, Hunger Solutions provides the following programs: Live Healthy Kids, Calendar of Giving and Food Pantry Assistance.



# Menu

**Hours:**

**Monday - Friday | 7 a.m. - 2:30 p.m.**

**Belpre Medical Campus**  
**803 Farson Street, Belpre, Ohio**  
**(740) 423-3619**

**MEMORIAL  
HEALTH SYSTEM**

# Lunch

## MADE TO ORDER SANDWICHES

**Ham and Swiss** (550 cal.).....\$5.69

Sliced ham and Swiss cheese on a sub roll with lettuce and tomato.

**Turkey Rachel** (457 cal.).....\$5.89

Sliced turkey breast, Swiss cheese, and crispy creole cabbage slaw on rye bread.

**Turkey Cheddar Club** (417 cal.).....\$5.89

Sliced turkey breast, turkey bacon, cheddar cheese, lettuce, and tomato on a sub roll.

**BLT** (496 cal.).....\$4.29

Turkey bacon slices, Swiss cheese, spinach, tomato, and creamy roasted garlic spread on wheat bread.

**Grilled Santa Fe Chicken** (427 cal.).....\$5.29

Seasoned grilled chicken breast, pepper jack cheese, basil pesto, and red onions on a brioche bun.

**Cranberry & Pecan Chicken Salad** (414 cal.).....\$5.89

Housemade chicken salad served on wheat bread with lettuce.

**Grilled Madison Roast Beef** (609 cal.).....\$5.89

Roast beef, Swiss cheese, roasted mushrooms, and basil pesto on rye bread.

**Buffalo Chicken Wrap** (550 cal.).....\$4.89

Grilled chicken breast with cabbage, carrots, and a buffalo blue cheese spread in a whole wheat tortilla.

## GRAIN BOWLS

Globally-inspired whole grains and vegetables served in aromatic broths.

**Vindaloo** (425 cal.).....\$6.29

Brown Rice | Fire Roasted Vegetables | Spinach | Toasted Garbanzo Beans | Lemongrass Broth | Pistachio Spice Blend

**Pho** (319 cal.).....\$6.29

Rice Noodles | Roasted Mushrooms | Edamame | Carrots | Ginger Pho Broth | Asian Spice Blend

## GARDEN BOWLS

Hand-tossed greens and toppings served in a crisp cracker bowl.

**The Changed Plate** (524 cal.).....\$5.49

Table Greens | Walnuts | Dried Fruits | Roasted Cauliflower | Ancient Grain Blend | Honey Mustard Vinaigrette

**Mediterranean** (363 cal.).....\$5.49

Table Greens | Fire Roasted Peppers | Olives | Fresh Mozzarella | Toasted Garbanzo Beans | Balsamic Berry Vinaigrette

**Santa Fe Chicken** (511 cal.).....\$7.49

Santa Fe Chicken Breast | Romaine | Black Beans | Corn | Avocado | Tomato | Cilantro | Creamy Caesar Dressing

**Salmon Summer Berry** (454 cal.).....\$7.49

Salmon | Spinach | Blueberries | Feta Cheese | Almonds | Red Onion | Berry Balsamic Dressing

## BUILD YOUR OWN BOWL

**Garden Bowl** .....\$5.49

**Grain Bowl** .....\$6.49

See order form at counter for options.

Carrot Sticks

## ARTISAN FLATBREAD

with House Salad

**Classic Italian** (564 cal.)..... \$7.29

Italian Sausage | Tomato Sauce | Red Onion | Fire Roasted Peppers | Meatballs | Mozzarella

**Red** (476 cal.)..... \$7.29

Fresh Mozzarella | Basil | Tomato | Parmesan

**Bianca** (643 cal.)..... \$7.29

Ricotta | Garlic | Parmesan | Mozzarella

**Pesto Chicken** (676 cal.)..... \$7.29

Roasted Mushrooms | Basil Pesto | Ricotta | Mozzarella | Chicken

**Garden** (457 cal.)..... \$7.29

Tomato Sauce | Fire Roast Vegetables | Spinach | Hummus | Queso Fresco

**CRAFT YOUR OWN FLATBREAD..** \$7.29

See order form at counter for options

**SOUP OF THE DAY** (70-325 cal.)..... \$2.49

**CHILDREN'S COMBO MEAL**..... \$4.99

(250-400 cal.) Includes Carrot Sticks and Choice of Apple | Banana | Orange  
Choice of 8 oz. Smoothie or Milk

**Kids Cheese Flatbread**

**Kids Pepperoni Flatbread**

**Grilled Cheese**

**About Us** The Changed Plate is changing the way we think about our food and its benefits to our body. Our chef, dietitians, and team designed a menu with hand crafted, fresh ingredients that not only taste good, but is also good for your body. Our restaurant hosts cooking classes for the community as well as diabetic and cancer patients. To stay up to date on our class schedule, follow us on Facebook page (@TheChangedPlate).