

Expanded Take 3 Menu !!!

A menu created from your comments & suggestions



We listened to your comments and suggestions in 2007/8 and made many changes to Take 3 at Lunch & Dinner. More options, substitutions and value!

Check it out...

Take 1 - Start with a Main Item

- Garden Salad
- Grilled Cheese
- Chicken Nuggets *NEW!*
- Vegan Wrap
- Hamburger
- Chicken Patty Sandwich
- Cheeseburger
- Caesar Salad
- Weekly Take 3 Special *NEW!*
- Any Smart Market Sandwich
(Always a vegetarian item available)

Take 2 - Grab a Snack

- Yogurt
- Granola Bar *NEW!*
- Chips *NEW!*
- Sweet Shot *NEW!*
- Oreos *NEW!*
- Brownie
- Whole Fruit
- Nabisco 100 Calorie Snacks *NEW!*

Take 3 - Quench your Thirst

- Small Coffee
- Fountain Soda
- Gold Peak Iced Tea *NEW!*
- Carton Milk or OJ
- Hot Tea

Flexibility

- * Not in the mood for a snack, substitute for a medium coffee.
- * No beverage, no problem! Substitute two snacks for your beverage.
- * Don't forget to chat with Heather or Stu with your suggestions and comments! You can also contact us at hvaillette@clarku.edu
- * Our goal is to make every meal a satisfying experience. Let us know how we're doing.



Vegetarian



Vegan