

# DINE OUT CLUB MENU



## Hours

Monday & Tuesday  
7:00AM – 2:00PM

124 South River Road  
Bedford, NH 03110  
[www.PurpleFinchCafe.com](http://www.PurpleFinchCafe.com)



**MEALS on WHEELS** HILLSBOROUGH COUNTY

For more information on how Meals on Wheels serves our community, please visit: [hcmow.org](http://hcmow.org) or scan QR code

- Home Delivery
- Community Dining
- Activities & Special Events
- Volunteer Opportunities
- Nutrition Education

You can donate directly to Meals on Wheels through our donation boxes in our Dine Out Club restaurants or checks may be mailed to:  
46 Milford St. Manchester, NH | 603-424-9967



- *Nutrient totals are approximate and do not include personal choice items like butter, condiments, or dressing.*
- *Product and recipes may change without notice. Ask your server for a detailed nutrient menu.*
- *A Meals on Wheels nutritionist is available to address inquiries.*
- *You may take leftovers, but takeout is not allowed.*

All meals served with:  
1) Iced tea, hot tea, iced coffee, or hot coffee, 2) Yogurt or milk, 3) Fruit salad

## Breakfast

### #1 The Chickadee

2 eggs cooked to your liking, hash browns, served with a side of house-made chorizo baked beans and a slice of multigrain bread.

Nutrient Average: Calories 672, Sodium 874mg, Carbs 90g

### #2 Mediterranean Scrambler

A three egg scrambler featuring grilled spinach, tomatoes, roasted red peppers, black olives & feta cheese, served with a side of house-made chorizo baked beans and a slice of multigrain bread.

Nutrient Average: Calories 684, Sodium 643mg, Carbs 78g

### #3 Cali-Benny

Two poached eggs over smashed avocado & sliced seared tomato, stacked on a grilled english muffin finished with hollandaise sauce, served with a side of house-made chorizo baked beans.

Nutrient Average: Calories 647, Sodium 812mg, Carbs 81g

**Please remember: Tip for the restaurant is not included. Meals are valued at \$12.00**

## Lunch

### #4 Best of Both Worlds

Half deli sandwich with chicken salad or tuna salad on toasted multigrain bread with, lettuce & tomato. Served with the soup of the day.

Nutrient Average: Calories 680, Sodium 1047mg, Carbs 81g

### #5 Finch's Fire & Field

House-made chili served with a garden salad; cucumber, tomato, onion, croutons, and slice of multigrain bread.

Nutrient Average: Calories 667, Sodium 615mg, Carbs 93g

\*Condiments and dressings are served on the side and are a personal choice item. Any personal choice item added may increase the sodium, fat, and calories of the meal exceeding the recommended amount.

*Substitutions are not permitted. You may order off of the regular menu at your own expense.*

***Like the Dine Out Club? Consider making a donation. Every \$5 raised covers the cost of 1 meal.***

***You can donate on our website or any dining location.***