

DINE OUT CLUB MENU



*Amazing food and
warm hospitality*

571 Mast Rd Goffstown

Mon, Wed, Thurs, Fri from 7:00am - 1:00pm (closed Tues)

Sat & Sun from 7:00am - 12:00pm

(603) 836-6849 | whitebircheatery.com



MEALS on WHEELS HILLSBOROUGH COUNTY

For more information on how Meals on Wheels serves our community, please visit: hcmow.org or scan QR code

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

Please donate directly to Meals on Wheels. Checks may be mailed to:
395 DW Highway, PO Box 910, Merrimack, NH 03054 | 603-424-9967



Nutrient totals are approximate and do not include personal choice items. 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.

WHITE BIRCH EATERY

Meals are served with water, tea or coffee

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

Sunrise Smoothie: orange juice, banana, strawberry
Green Smoothie: spinach, cucumber, carrot, apple, banana

- #1 THE BABY BEAR** - 2 eggs, chicken sausage, baked beans, hash browns or homies, English muffin or wheat toast and 1% milk. Choose 1 side: Applesauce with house granola or smoothie.
Nutrient averages: 746 calories | 860mg sodium | 101g carbs
- #2 SCRAMBLE BOWL** - 2 eggs scrambled, bell peppers, mushrooms, onion, spinach & cheddar cheese, served over homies. Served with English muffin or wheat toast. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 748 calories | 679mg sodium | 98g carbs
- #3 VEGAN SCRAMBLE BOWL** - JUST EGG™, bell peppers, mushrooms, onion, spinach, black beans and Cheez. Served with English muffin or wheat toast, almond milk, and applesauce with house granola.
Nutrients: 667 calories | 890mg sodium | 93g carbs
- #4 VEGGIE BREAKFAST BURRITO** - 2 eggs scrambled, bell peppers, onion, tomatoes, black beans & cheddar cheese in a wheat tortilla. Served with a side of Homies. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 714 calories | 825mg sodium | 106g carbs
- #5 VEGGIE BENEDICT** - 2 Poached eggs on a toasted English muffin, with creamy hollandaise with a side of sautéed spinach, tomatoes, peppers, mushrooms, onions & homies or hash browns. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 718 calories | 717mg sodium | 98g carbs
- #6 OATMEAL PARFAIT & EGGS** - Oatmeal topped with vanilla Greek yogurt, applesauce, and house granola. Served with 2 eggs scrambled with spinach, tomato, cheddar cheese, & chicken sausage.
Nutrients: 740 calories | 605mg sodium | 77g carbs
- #7 PANCAKE MEAL** - 2 buttermilk blueberry pancakes, 2 eggs scrambled with spinach, tomato, & cheddar cheese. Served with vanilla Greek yogurt topped with house granola.
Nutrients: 751 calories | 842mg sodium | 95g carbs

Please remember: Tip for the restaurant is not included. Meals are valued at \$13.00

- #8 SOUP & 1/2 SANDWICH COMBO** - Choose from the turkey pesto, grilled chicken, or chicken salad sandwich. Served with soup of the day. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 639 calories | 837mg sodium | 79g carbs
- #9 TURKEY PESTO SANDWICH** - Roasted turkey breast, spinach, sundried tomato, red onion and pesto mayo on wheat. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 691 calories | 601mg sodium | 80g carbs
- #10 GRILLED CHICKEN HERB SANDWICH** - Grilled chicken, lettuce, tomato, red onion, and herbed mayo on wheat. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 682 calories | 564mg sodium | 82g carbs
- #11 CHICKEN SALAD SANDWICH** - Roast chicken, mayo, dried raisins, celery, tomato, red onion & lettuce. Served on wheat OR on a bed mixed greens with a hardboiled egg. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 772 calories | 663mg sodium | 72g carbs
- #12 CRANBERRY ALMOND SPINACH SALAD** - Grilled chicken breast served on a bed of spinach, topped with quinoa, slivered almonds, and cranberries. Served with wheat toast and 1% milk.
Nutrients: 771 calories | 710mg sodium | 87g carbs
- #13 CHEF SALAD** - Spring mix, turkey, ham, bacon, cheddar cheese, hard-boiled egg, tomato, red onion, and cucumber. Served with wheat toast. Choose 1 Side: 1% milk & smoothie, 1% milk & applesauce with house granola, or yogurt parfait.
Nutrient averages: 661 calories | 825mg sodium | 72g carbs

**You may support the Dine Out Club program by donating
directly to Meals on Wheels of Hillsborough County.**