

# Ruby's FAMILY Restaurant

## Soup & Salad

Salads served with garlic toast. Dressings: bleu cheese, ranch, french, thousand island, honey mustard, balsamic vinaigrette, or Italian. Extra sauce, dressing or seasoning .75 each

### CAESAR SALAD

Chopped romaine with croutons, parmesan cheese and creamy caesar. 9  
Add chicken 2 | Add Shrimp 3

### CHEF SALAD

Chopped lettuce topped with diced ham, turkey, shredded cheese, tomatoes, egg and your choice of dressing. 12

### COBB SALAD

Chopped lettuce topped with grilled chicken, crumbled bleu cheese, bacon, egg, diced tomato, avocado and diced cucumber. 13

### SOUP Cup 4 | Bowl 6

Homemade Chicken Wild Rice, Soup of the Day

## Sandwiches & Wraps

All sandwiches & wraps come with fries.

### 4-CHEESE GRILLED CHEESE

American, cheddar, Swiss, provolone on grilled Vienna bread. 10  
Add ham or bacon 2

### REUBEN/RACHEL

Hand trimmed corned beef piled with Wisconsin Swiss, sauerkraut, and 1,000 Island dressing on toasted marble rye bread. Substitute with Turkey to make it a Rachel. 12

### CHICKEN SANDWICH

Grilled chicken breast topped with lettuce and tomato served on a toasted bun. 12  
Spice things up a little and have your chicken tossed in one of our delicious wing sauces for .75 more!  
Add cheese 1

### ULTIMATE BLT

This classic of a sandwich comes with thick cut double smoked bacon, lettuce, tomato and mayo on toasted Vienna bread. 12

### FRENCH DIP HOAGIE

With provolone and a side of au-jus for dipping. 12  
Make it Philly style for 1

### RUBY'S CUBAN

House-made cracked peppered pulled pork with smoked ham, Wisconsin Swiss cheese, pickles & mustard on a toasted hoagie. 12

### CLUB HOUSE SANDWICH

Lettuce, turkey, ham, bacon, cheddar, tomato and mayo on Texas toast. 12

### PULLED PORK SANDWICH

House-made cracked peppered pulled pork with BBQ sauce, onion straws and pickle slices on a toasted bun. 12

### TACOS DE CARNITAS

Three traditional carnitas tacos in soft corn tortillas topped with pico-de gallo and lime wedge. 11

### CHICKEN CAESAR WRAP

Grilled chicken, crisp Romaine, Caesar dressing, fresh tomatoes and Parmesan cheese tossed together and wrapped in a flour tortilla. 11

### BUFFALO CHICKEN WRAP

Crispy buffalo chicken layered with lettuce, pico de gallo & Monterey jack & cheddar cheese in a grilled flour tortilla with a side of ranch or bleu cheese dressing. 11  
Substitute shrimp 3

### BAJA FISH TACOS

Three flash fried white fish fillets topped with chipotle mayo, shredded lettuce, pico de gallo and shredded cheese. 11

## Hand Crafted Burgers

All burgers are fresh never frozen Angus beef served with your choice of side: fries, coleslaw, or mashed potatoes and gravy. Substitute onion rings, tater tots, or steamed veggies for 2. Lettuce, tomato, and pickle upon request. Add seasoned sour cream for 1. All burgers served pink or no pink.

### BACON CHEESEBURGER\* 12

### JALAPENO & PEPPER JACK CHEESEBURGER\* 12

### MUSHROOM SWISS BURGER\* 13

### THE WESTY BURGER\*

Double smoked bacon, American cheese, onion ring and a side of BBQ sauce served on a toasted bun. 13

### CAROLINA BURGER\*

House-made cracked peppered pulled pork, gouda cheese, BBQ sauce, onion straws, lettuce, and mayo served on a toasted bun. 13

### THE HANDYMAN\*

Double smoked bacon, Wisconsin cheddar and provolone, with lettuce, ketchup, mayo, sauteed onions, and pickles served on a toasted bun. 13

### THE BELLA BLUE\*

Double smoked bacon, Wisconsin bleu cheese, pickled red onions, balsamic mayo, and lettuce served on a toasted bun. 13

### PATTY MELT\*

Sauteed onions and Swiss and American cheese served on marble rye. 12

## Entrees

Served with soup or salad, and one choice of fries, coleslaw, mashed potatoes gravy, or baked potato (after 4pm). Substitute house made onion rings, tater tots, or steamed veggies for 2.

### OPEN FACED HOT BEEF SANDWICH

Tender sliced roast beef on top of white bread, mashed potatoes, smothered with beef gravy. 12

### 8 OZ CHOICE SIRLOIN FILET\*

Served with mashed potatoes, gravy and garlic toast. 14

### 12 OZ CHOICE SIRLOIN FILET\*

Served with mashed potatoes, gravy and garlic toast. 17  
(Prepared medium & under is highly recommended)

### FISH & CHIPS

Beer battered cod served with fries, tartar sauce and lemon wedge. 12

### SAUSAGE & CHICKEN LINGUINE

Seasoned julienne chicken breast, sauteed andouille sausage and red bell peppers tossed in a cajun roasted red pepper cream sauce. 13 | Add Shrimp 3

### MOSTACCIOLI PASTA

Scratch made marinara sauce, Italian sausage, ground Angus beef, mozzarella cheese, parmesan cheese, parsley & garlic toast. 12

### HOW YOU WANT IT GRILLED:

**Rare:** very red and cool center  
**Medium Rare:** red and warm center  
**Medium:** pink and hot center  
**Medium well:** hint of pink and hot center  
**Well done:** no pink and hot center

### MAC N CHEESE

House made cheese sauce tossed with Cavatappi pasta topped with mixed cheeses. 11  
Add buffalo chicken for 2

### ST LOUIS STYLE PORK RIBS

1/2 Rack 18 | Full Rack 25

### CHICKEN ALFREDO

Linguine pasta tossed in our scratch made alfredo cream sauce & garlic toast. 12 | Add shrimp 3

## Beverages

### SOFT DRINKS 2.75

Pepsi, Diet Pepsi, Dr Pepper, Root Beer, Orange Crush, Mt Dew, Diet Mt Dew, Pink Lemonade, Raspberry Tea

### ICED TEA 2.75

### COFFEE 2.75

### JUICE 2.75

Apple, Orange, Tomato, Cranberry, Pineapple

### MILK 2.75

\*These items are served raw or undercooked, or contain, or may contain, raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# Rubys Nutrition Guide

**Padhraic Smyth**



## **Rubys Nutrition Guide:**

*Pokémon Omega Ruby & Alpha Sapphire - Strategy Guide* GamerGuides.com,2015-10-22 Relive your adventures in Hoenn or start a brand new journey with this re imagining of a much loved game Collect and battle your way to the Pokemon League for the right to challenge the Elite Four Hunt legendary Pokemon breed them and become the best Pokemon Master you can be with the help of our guide A full walkthrough for all badges and the Pokemon League challenges Side quest information on legendary Pokemon and the different Routes and Caves Information on breeding Pokemon Contests the Battle Maison and much more Full color screenshots throughout and useful tips to help you along the way Comparisons between the original game and remake Updates Aug 2016 Added Encounter Rates to Wild Pok mon table lists as well as general locations making it easier to find your favorite Pok mon Fixed some formatting issues and general editing Expanded Introduction with loads of new information Restructured Extra Activities section at the end for easier navigation and reading

*The Maudsley Trainee Guide to the CASC* Dan Cleall,Samantha Perera,Christopher Travers,2021-07-08 A comprehensive and accessible guide to passing the CASC the MRCPsych practical examination      **Food Service Manual for Health Care Institutions** Ruby Parker Puckett,American Society for Healthcare Food Service Administrators,2004-11-08 Food Service Manual for Health Care Institutions offers a comprehensive review of the management and operation of health care food service departments This third edition of the book which has become the standard in the field of institutional and health care food service includes the most current data on the successful management of daily operations and includes information on a wide variety of topics such as leadership quality control human resource management communications and financial control and management This new edition also contains information on the practical operation of the food service department that has been greatly expanded and updated to help institutions better meet the needs of the customer and comply with the regulatory agencies standards      **Foodservice Manual for Health Care Institutions** Ruby Parker Puckett,2012-11-19

The thoroughly revised and updated fourth edition of Foodservice Manual for Health Care Institutions offers a review of the management and operation of health care foodservice departments This edition of the book which has become the standard in the field of institutional and health care foodservice contains the most current data on the successful management of daily operations and includes information on a wide range of topics such as leadership quality control human resource management product selection and purchasing environmental issues and financial management This new edition also contains information on the practical operation of the foodservice department that has been greatly expanded and updated to help institutions better meet the needs of the customer and comply with the regulatory agencies standards TOPICS COVERED INCLUDE Leadership and Management Skills Marketing and Revenue Generating Services Quality Management and Improvement Planning and Decision Making Organization and Time Management Team Building Effective Communication Human Resource Management Management Information Systems Financial Management Environmental

Issues and Sustainability Microbial Chemical and Physical Hazards HACCP Food Regulations Environmental Sanitation and Pest Control Safety Security and Emergency Preparedness Menu Planning Product Selection Purchasing Receiving Storage and Inventory Control Food Production Food Distribution and Service Facility Design Equipment Selection and Maintenance Learning objectives summary key terms and discussion questions included in each chapter help reinforce important topics and concepts Forms charts checklists formulas policies techniques and references provide invaluable resources for operating in the ever changing and challenging environment of the food service industry      **Aunt Ruby's Green Tomato Bill**

Landis,2023-09-07 A professor of nutrition leaves his office and heads into the fields of a local farm to dig deeper into the reality of his food With the help of several of his students he films his experience chronicling the life of a tomato plant from seed to harvest on a small family farm He is introduced to farm life at quirky Eco Farm by Big John the rock star farmer Over the course of one summer he is schooled on the ways of organic agriculture the sex life of the tomato is introduced to the enigmatic world of heirloom tomatoes and ponders the spiritual life of plants and the miracle of a seed Told with humor and personal anecdotes from his food upbringing in New Jersey in the 1960s he takes a fresh look at the changes in the American dietary landscape over the last half century and attempts to salvage a connection to his food Upon visiting a tomato seed company in western North Carolina he learns of a unique heirloom tomato Aunt Ruby's German Green a rare green when ripe variety He decides to track down the story behind Aunt Ruby and her backyard tomato treasure hidden from the world for most of her life What starts out as a straightforward plan to learn more about where his food comes from takes him on a journey of self discovery that leaves him questioning his core assumptions about nutrition and the very essence of food finally finding clarity by way of an elderly woman from a little town in Tennessee and her unusual tomato      *Ruby Canyon/Black Ridge, Integrated Resource, Management Plan* ,1997      *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana,2007

The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access      *Explorer's Guide South Dakota* Marion L. Head,2012-02-27 A definitive visitor's guide to the beauty and

tranquility of South Dakota covering not only historical sites and tourist attractions but also hiking hunting fishing and camping as well as other forms of outdoor exploration The first and most comprehensive guide to South Dakota highlights the state's natural beauty and includes coverage of its major historical sites and tourist attractions from Mount Rushmore and Deadwood to the Black Hills The guide is especially family friendly outlining free or inexpensive activities as well as little

known treasures that were discovered through personal experience and research on the ground As in all Explorer s Guides this book includes up to date maps and handy icons that point out places of extra value family and pet friendly establishments those that provide wheelchair access and even selective shopping and special events listings **Ruby Pipeline Project**

,2010 **The Rough Guide to Sweden** James Proctor,Neil Roland,2014-01-30 Let The Rough Guide to Sweden show you the very best this unspoilt country has to offer from the style conscious capital Stockholm with its magnificent archipelago to the vast pine forests of Swedish Lapland Spend a night in the world famous Icehotel inside the Arctic Circle or laze on the sunny sandy beaches of the Baltic island of Gotland Sweden is much more than flat pack furniture and meatballs The Rough Guide to Sweden includes full colour pictures to inspire your travels through this vast country of forests and lakes detailed maps to help you on your way and expert background on everything from smorgasbords to saunas With The Rough Guide to Sweden in your hand you ll find that Sweden offers superb value for money and is a gem waiting to be discovered where seemingly everyone speaks perfect English Originally published in print in 2012 Make the most of your time with The Rough Guide to Sweden Now available in ePub format **The Rough Guide to Southwest USA: Travel Guide eBook** Rough

Guides,2024-10-14 This Southwest USA guidebook is perfect for independent travellers planning a longer trip It features all of the must see sights and a wide range of off the beaten track places It also provides detailed practical information on preparing for a trip and what to do on the ground This Southwest USA guidebook covers The Four Corners Santa Fe and northern New Mexico Albuquerque and southern New Mexico Phoenix and southern Arizona Flagstaff and central Arizona The Grand Canyon Southern Utah Las Vegas Inside this Southwest USA travel book you ll find A wide range of sights Rough Guides experts have hand picked places for travellers with different needs and desires off the beaten track adventures family activities or chilled out breaks Itinerary examples created for different time frames or types of trip Practical information how to get to Southwest USA all about public transport food and drink shopping travelling with children sports and outdoor activities tips for travellers with disabilities and more Author picks and things not to miss in Southwest USA Canyon de Chelly Santa Fe Acoma Pueblo The Durango Silverton Railroad Toroweap Point Saguaro National Park Tombstone White Sands National Park Monument Valley La Posada Mesa Verde Lincoln Taos Pueblo Las Vegas Byrce Canyon Albuquerque International Balloon Fiesta Navajo Fair Havasu Falls Delicate Arch Utah Insider recommendations tips on how to beat the crowds save time and money and find the best local spots When to go to Southwest USA high season low season climate information and festivals Where to go a clear introduction to Southwest USA with key places and a handy overview Extensive coverage of regions places and experiences regional highlights sights and places for different types of travellers with experiences matching different needs Places to eat drink and stay hand picked restaurants cafes bars and hotels Practical info at each site hours of operation websites transit tips charges Colour coded mapping with keys and legends listing sites categorised as highlights eating accommodation shopping drinking and nightlife Background information for connoisseurs

history culture art architecture film books religion diversity Fully updated post COVID 19 The guide provides a comprehensive and rich selection of places to see and things to do in Southwest USA as well as great planning tools It s the perfect companion both ahead of your trip and on the ground      Guide to Healthy Restaurant Eating Hope S. Warshaw,2006 This bestselling and indispensable guide contains the most complete and user friendly restaurant nutrition facts for people living with diabetes Reflecting the most recent additions and deletions to the restaurant industry s ever changing menus this revised and expanded edition covers more than 5 000 menu items from more than 60 chain restaurants      The Rough Guide to Central America On a Budget Rough Guides,2009-02-02 The Rough Guide to Central America on a Budget in a new ePub format is the definitive guide to making the most of this exotic region without breaking the bank Backpackers career breakers gap year travellers and those who want more bang for their buck will find in depth budget information for all seven Central American countries and every aspect of travel From accommodation and restaurants to special events festivals and adrenalin pumping outdoor activities this guide is packed with the best budget information This guide is packed with the best budget information for night life shopping markets and entertainment as well as Treat Yourself boxes that highlight great places and things worth splashing out on There is a full introduction with highlights for every country You ll also find useful words and phrases in every language and detailed maps for hundreds of locations Make the most of your time with The Rough Guide to Central America on a Budget      The Rough Guide to Central America On a Budget Jamey Bergman,Rough Guides (Firm),2009 The Rough Guide to Central America on a Budget is the definitive guide to making the most of this exotic region without breaking the bank Backpackers career breakers gap year travellers and those who want more bang for their buck will find in depth budget information for all seven Central American countries and every aspect of travel From accommodation and restaurants to special events festivals and adrenalin pumping outdoor activities this guide is packed with the best budget information You ll find Treat Yourself boxes that feature great places and things worth splashing out on and also a full colour introduction with highlights for every country There are reviews and recommendations for night life shopping markets and entertainment as well as useful words and phrases in every language and detailed maps for hundreds of locations Make the most of your time with The Rough Guide to Central America on a Budget      Humboldt National Forest (N.F.), Ruby Mountains East Holbolt Plan Unit ,1975      *Beaverhead National Forest (N.F.), Upper Ruby Cattle & Horse Allotment Management Plan* ,1992      Diabetes Ruby M. Brown,2008 In Diabetes Good Food Choices culinary author and food technology educator Ruby M Brown makes managing diabetes easy and fun applying her unique flair for modifying traditional favorite foods to suit specific dietary requirements A nutritional analysis is provided for each recipe detailing calories total fat saturated fat fiber carbohydrates sodium and protein per service and for the entire recipe Includes 100 plus delicious recipes and key information and dietary strategies for managing diabetes and an extensive quick reference glossary of diabetes related terms and concepts      The Fortunes of Ruby White Lia Weston,2010-04-01 Ruby White has burnt her

bridges She has no job no direction in life and just enough money to last a month if she eats only rice and her cat catches his own meals When her best friend Anise holds a dress up party Ruby drowns her sorrows and meets Damien whose vampire costume belies his sweet nature With time on her hands Ruby soon finds herself at a seminar for those who are Hyper Auto Aware a condition she never knew existed run by the Jaasmyn Empire a company she s never heard of To Ruby s astonishment and that of those who know her she is offered a job Attracting the attention of the charismatic head of the Empire Jaasmyn Ruby ignores her misgivings about the Empire s ethics and enjoys fitting in somewhere for the first time in her life When the reactions of those outside the Jaasmyn Empire become more cynical and her cautious relationship with Damien wavers Ruby begins to keep her job details secret As her training progresses her parents become even more concerned It seems the zany girl who used to eat chocolate for breakfast and salted pretzels for dinner won t touch anything that isn t organic and the further Ruby penetrates the Empire the more her behaviour begins to change As Ruby disappears into the mire of mind body and spirit her friends and family try numerous ways to lure her back but their efforts only push her more into the arms of the Jaasmyn Empire and its mysterious leader Fortunately Ruby s friend at the empire DeDe is onto Jaasmyn and orchestrates an unforgettable media expose Finally Ruby begins to resemble her old self but will Damien continue to hold a candle for her as a bold new age begins

*The Rough Guide to the USA: Travel Guide eBook* Rough Guides,2024-03-01 This USA guidebook is perfect for independent travellers planning a longer trip It features all of the must see sights and a wide range of off the beaten track places It also provides detailed practical information on preparing for a trip and what to do on the ground And this USA travel guidebook is printed on paper from responsible sources and verified to meet the FSC s strict environmental and social standards This USA guidebook covers New York City The Mid Atlantic New England The Great Lakes The Capital Region The South Florida Louisiana Texas The Great Plains The Rockies The Southwest California The Pacific Northwest Alaska Hawaii Inside this USA travel book you ll find A wide range of sights Rough Guides experts have hand picked places for travellers with different needs and desires off the beaten track adventures family activities or chilled out breaks Itinerary examples created for different time frames or types of trip Practical information how to get to the USA all about public transport food and drink shopping travelling with children sports and outdoor activities tips for travellers with disabilities and more Author picks and things not to miss in the USA Redwood National and State Parks Glacier National Park Sweet Auburn Atlanta The National Mall Washington DC Walt Disney World Orlando Skiing in the Rocky Mountains Las Vegas Yellowstone National Park The Grand Canyon Hawaii Volcanoes Insider recommendations tips on how to beat the crowds save time and money and find the best local spots When to go to the USA high season low season climate information and festivals Where to go a clear introduction to the USA with key places and a handy overview Extensive coverage of regions places and experiences regional highlights sights and places for different types of travellers with experiences matching different needs Places to eat drink and stay hand picked restaurants cafes bars and hotels

Practical info at each site hours of operation websites transit tips charges Colour coded mapping with keys and legends listing sites categorised as highlights eating accommodation shopping drinking and nightlife Background information for connoisseurs history culture art architecture film books religion diversity Fully updated post COVID 19 The guide provides a comprehensive and rich selection of places to see and things to do in the USA as well as great planning tools It s the perfect companion both ahead of your trip and on the ground

**The Acorn Plan** Tim McLaurin, 1989 On parole for almost killing a soldier Billy Riley faces the endless expectations placed upon him by his small Southern town family friends and neighbors and struggles to decide his own fate

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