



# WELCOME

*to the*

**M.C. CONNORS**  
STATE OFFICE BUILDING

This packet contains information we hope you will find helpful not only during your transition, but also while you are an employee based in the Capitol Complex.

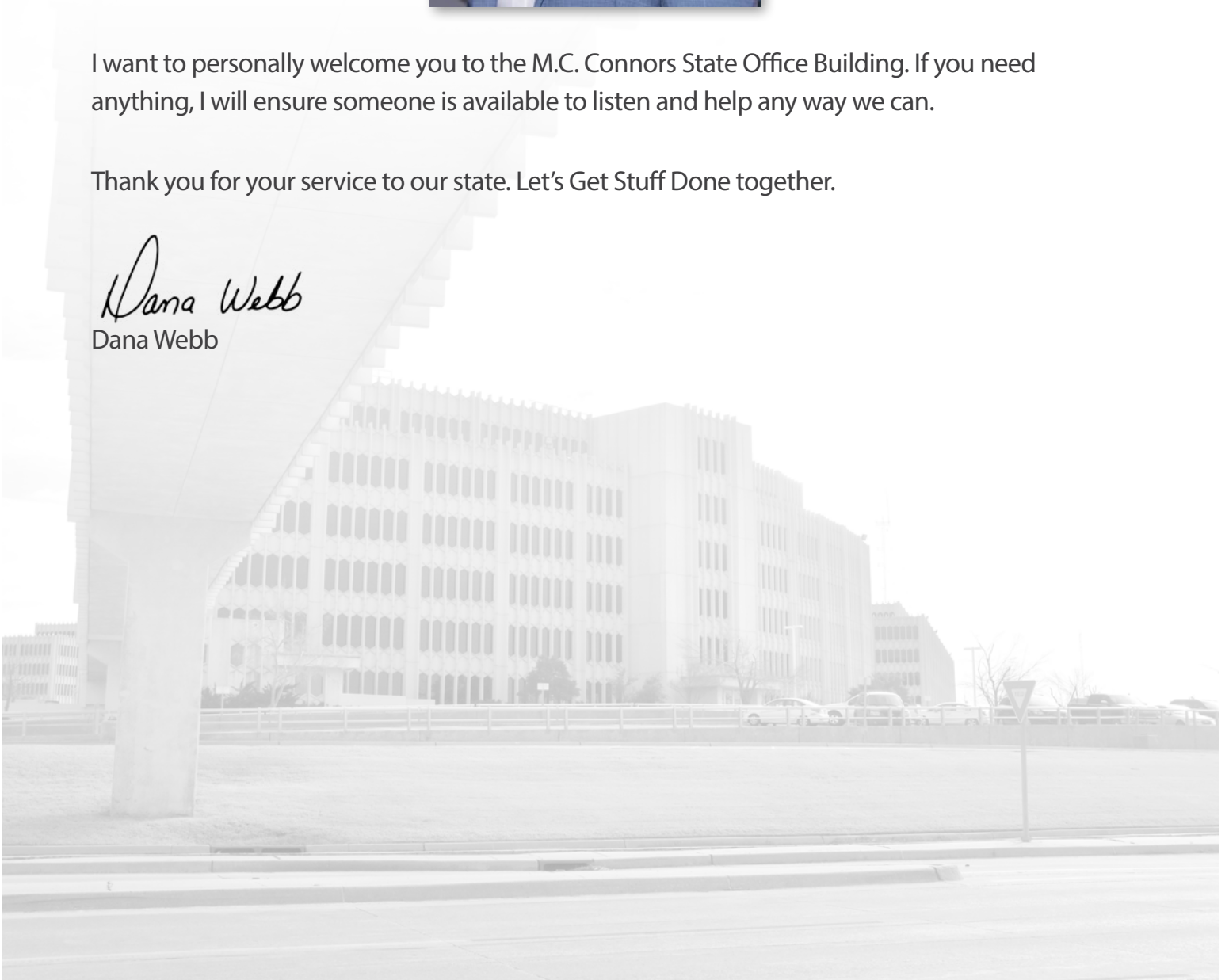
## A MESSAGE FROM OMES DEPUTY DIRECTOR DANA WEBB



I want to personally welcome you to the M.C. Connors State Office Building. If you need anything, I will ensure someone is available to listen and help any way we can.

Thank you for your service to our state. Let's Get Stuff Done together.

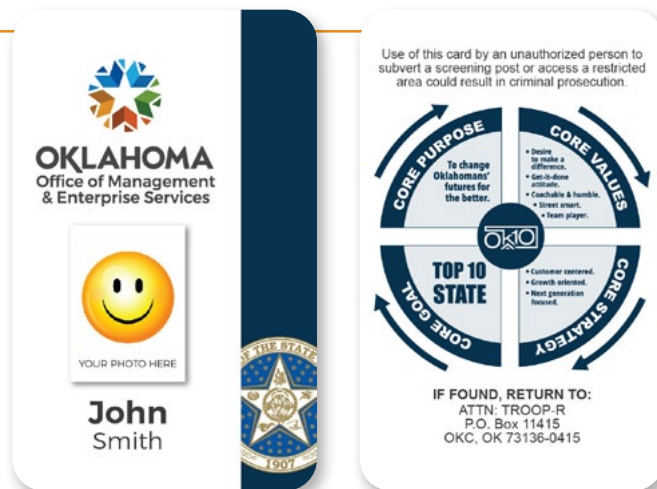
*Dana Webb*  
Dana Webb



# BADGES

If you need a badge, your supervisor or HR rep must send an email to [servicedesk@omes.ok.gov](mailto:servicedesk@omes.ok.gov). The request must include your name and employee ID number, and will need to list specific accesses to be granted (for ex., first floor, second floor, etc.).

It must also be noted in the email that the request be assigned to the **CyberCommand-Physical Security team**.



# TENANT WORK ORDERS

Agencies in OMES-managed buildings must have a tenant liaison who serves as the key communicator of maintenance issues to the central maintenance shop.

The tenant liaison is the only person who can initiate the tenant work order process.

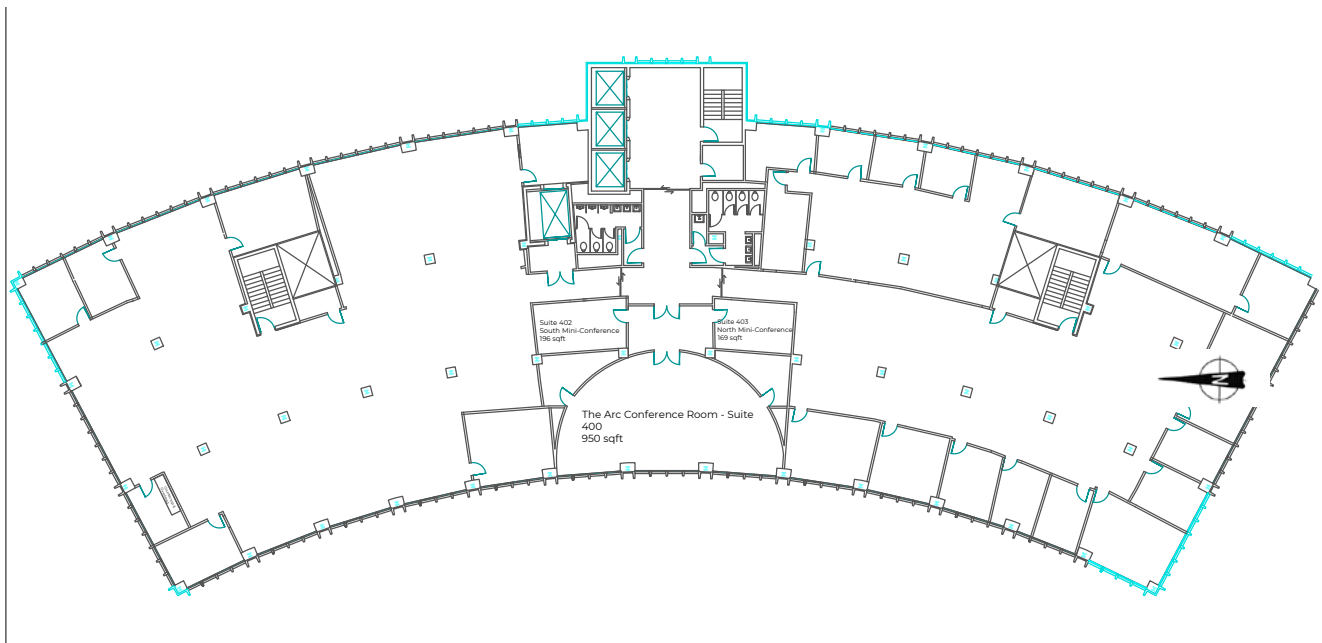
If you do not know who your tenant liaison is, please email [FacilitiesHelp@omes.ok.gov](mailto:FacilitiesHelp@omes.ok.gov).

# GENERAL OFFICE/CUBICLE SPACE

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It's important to keep your offices and cubicles neat and free of clutter and unnecessary personal items. Don't place any bookshelves, filing cabinets, tables, plants, etc., on the outside walls of the cubicles or offices. All walkways and common or open spaces should remain uncluttered. Also, please don't place any items on the air receptacles along the walls.

## M.C. CONNORS BUILDING - STAIRS, ELEVATORS, RESTROOMS AND BREAK ROOMS



# M.C. CONNORS CONFERENCE ROOM

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The Arc Conference Room is located on the fourth floor of the M.C. Connors Building. It, and its two additional side rooms, can be reserved on a first come, first served basis by any of the tenants. You can reserve the Arc Conference Room or one of the additional side rooms (Arc South Mini-Conference Room or Arc North Mini-Conference Room) through the Outlook scheduler.

# IMMEDIATE NEIGHBORS

To the south of the M.C. Connors Building is the Will Rogers Building and the state Capitol. The Will Rogers Building houses OMES and the Oklahoma Employment Security Commission. Directly east of the M.C. Connors Building is the Hodge Building, which houses the Department of Education. And south of the Hodge Building is the Sequoyah Building, where you will find Department of Human Services employees.



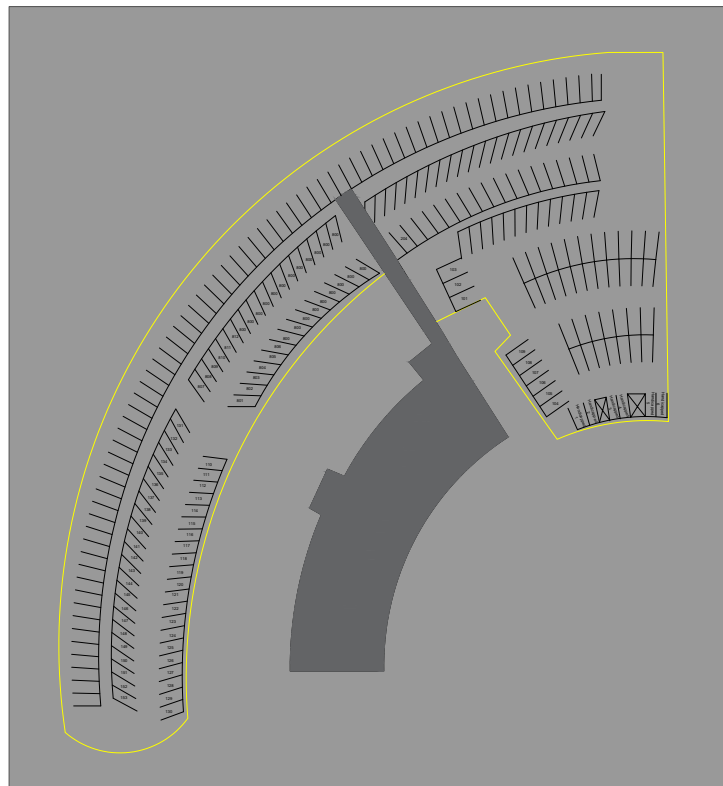
# PARKING

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The M.C. Connors Building parking lot is reserved for tenants and visitors. If you are unable to find parking in the M.C. Connors lot, the overflow lot is available between N. Lincoln Blvd. and N. Stiles Ave., just northwest of the M.C. Connors Building. Access to the building is provided by the skywalk over Lincoln Blvd. The skywalk can be accessed using your badge.



**OKLAHOMA**



M.C. Connors Building - Parking

# LEAVING THE M.C. CONNORS BUILDING

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When leaving the M.C. Connors parking lot, go straight to get on south Lincoln Blvd. Turn left and remain in the right lane to go north on Lincoln Blvd.

# WALKING EXCURSIONS

If you would like to take a stroll on your break or lunch, a walk around the tunnels is one-third of a mile. Security doors slow the pace, but your badge should open them. Also, fun fact, there is a top-secret tunnel under Lincoln Blvd. to the History Center.



A one-mile loop is available outside on the Capitol Complex campus. Added mileage can be walked by looping farther south on the campus. The OU Medical campus is about a mile south of the Capitol and has scenic walking areas.

The lawn areas to the south of the Capitol have benches that could make a nice place for lunch away from the office.

# HUNGRY?

There is a building break room on the third floor with an available refrigerator, microwaves, and ice machine. When using the refrigerator, please limit the use to your daily needs and clean out anything you brought daily.

There are many restaurants north of the Capitol Complex on Lincoln Blvd., as well as west of the Capitol Complex on 23rd St. Here are some of the harder to find places in the area that are tasty:

**SHARTEL CAFE**  
5116 N. Shartel Ave.

**INGRID'S**  
3701 N. Youngs Blvd.

**FLORENCE'S**  
1437 N.E. 23rd St.

**KAMPS 1910 CAFÉ**  
10 N.E. 10<sup>th</sup> St.

**BEDLAM BBQ**  
610 N.E. 50<sup>th</sup> St.



**BROWN'S BAKERY**  
1100 N. Walker

If you are in the mood for a cheap bag of day old donuts, you gotta get to this donut shop early. Brown's and many other Mid-town restaurants are only about 10 minutes away.





HOURS OF OPERATION:

In addition to the Homeland on 36th and Lincoln, which features grab-and-go prepared meals, an outdoor patio and **Lil' Leo's BBQ**, there are also two restaurants within easy walking distance. The **Bee Healthy Café** is located in the Capitol and **The Lunch Room** is in the tunnels near the Hodge Building – check out their menus on the next two pages.

**STEP 1 : INSIDE** *Select any recipe!*

- Health Nut**   8.99  
245/16/11/6  
romaine, tomatoes, carrots, rainbow veggie blend, black olives, sunflower seeds, pepper jack, honey dijon
- Spicy Black Bean Burger**  9.99  
346/18/18/32  
black bean patty, spinach, tomatoes, onions, vegan chipotle mayo
- Mediterranean**  9.99  
318/22/24/7  
grilled chicken, feta, tomatoes, black olives, basil pesto
- Wild Alaskan Salmon**  10.99  
361/21/35/10  
wild salmon filet, parmesan, onions, tomatoes, spinach, chipotle vinaigrette
- California**  9.99  
190/6/23/14  
grilled chicken, provolone, tomatoes, romaine, honey dijon
- Baja**  9.99  
383/28/27/10  
ham, turkey, bacon, pepper jack, tomatoes, black olives, romaine, ranch
- Terlingua**  8.99  
247/15/16/7  
smoked turkey, pepper jack, tomatoes, romaine, chipotle mayo
- Greek**  9.99  
254/14/21/11  
grilled chicken, feta, tomatoes, black olives, romaine, vinaigrette
- Quesadilla**  9.99  
347/24/24/8  
grilled chicken, pepper jack, onions, bell peppers, tomatoes, chipotle mayo
- Spicy Club**  9.99  
301/21/19/9  
black forest ham, mesquite smoked turkey, bacon, pepper jack, tomatoes, onions, spinach, chipotle mayo
- Tuna Nut**  8.99  
234/24/20/5  
tuna salad with apples & pecans, provolone, tomatoes, romaine, sunflower seeds, vinaigrette
- Pecan Chicken**  10.99  
371/26/28/12  
grilled chicken, parmesan cheese, tomatoes, chopped pecans, romaine, raspberry vinaigrette
- Caesar**  8.99  
194/9/22/8  
grilled chicken, parmesan, tomatoes, romaine, caesar

**Extras**

- Add Tofu**  1.99  
139/11/9/3
- Add Black Bean Patty**  2.99  
190/11/6/22
- Add Meat** 1.99  
150/31/26  
grilled chicken, mesquite smoked turkey, black forest ham, tuna salad
- Add Salmon** 3.99  
233/14/25/0
- Add Bacon** .99  
30/2/2/1
- Add Spinach** .99  
14/0/2/2
- Add Avocado** 1.79  
120/11/2/6
- Add Pecans** 1.79  
90/10/2/2
- Add Sunflower Seeds** .79  
62/5/2/2

**COOKIES**
*All cookies are vegan and organic*

- Lemon Poppyseed**  2.99  
230/6/1/41
- Double Chocolate Decadence**  2.99  
220/11/31/39
- Colossal Chocolate Chip**  2.99  
230/11/31/40
- Oatmeal, Walnut & Raisin**  2.99  
250/8/4/31
- Gluten Free Chocolate**   2.99  
340/10/15/39
- Gluten Free Lemon**   2.99  
230/7/1/40

















**STEP 2 : OUTSIDE** *Choose how you want it!*

- Salad**   8.99  
11/7/6/3  
spinach or romaine
- Quinoa Bowl**   8.99  
150/3/7/26
- Wrap**  
whole wheat - 300/8/8/49    
jalapeño tortilla - 310/9/7/50   
spinach - 310/7/9/51   
gluten free - 320/7/8/60  
- Melt**  
whole wheat - 300/8/8/49    
jalapeño tortilla - 310/9/7/50   
spinach - 310/7/9/51   
gluten free - 320/7/8/60  
- Sandwich**  
200/1/8/42  
honey whole wheat   
italian rosemary 
- SMOOTHIES**  
*Healthy and refreshing!*
- Health Nut Smoothie**   6.99  
256/1/3/64  
blueberries, raspberries, strawberries, banana, matcha, spinach, honey
- Matcha Peachy**   5.99  
238/0/3/58  
peaches, banana, matcha, honey
- Elvis**   4.99  
493/19/30/58  
peanut butter, banana, milk, chocolate whey protein, honey
- "The Tommy"**   4.99  
428/19/30/40  
peanut butter, strawberry, milk, chocolate whey protein, honey
- Strawberry Banana**   4.99  
254/1/2/66  
strawberries, banana, honey
- Orange Strawberry**   4.99  
240/0/3/51  
strawberries, banana, mandarin orange, honey
- Strawberry Peach**   4.99  
219/0/3/53  
strawberries, peaches, honey
- Mixed Berry**   4.99  
235/1/2/60  
blueberries, raspberries, strawberries, banana, honey
- Mango Peach**   4.99  
245/1/3/62  
mangos, peaches, banana, honey
- Strawberry Blueberry**   4.99  
251/1/2/64  
strawberries, blueberries, banana, honey
- Raspberry Banana**   4.99  
186/0/1/54  
raspberries, banana, honey

**Health Boosts**

- Whey Protein** - 120/1/20/9  1.99
- Greek Yogurt** - 80/5/2/8  1.49
- Spinach** - 7/0/1/1  .99
- Peanut Butter** - 190/16/7/8  .99
- Matcha** - 17/0/0/4  1.99
- Hemp Hearts** - 120/10/7/1  1.99
- Plant Protein** - 150/4/2/17  1.99
- Collagen** - 80/0/20/0 1.99

**STEP 3 : ON-THE-SIDE** *Pick any side!*

- Chips & Salsa**   8.99  
130/5/2/20
- Hemp Heart Queso**   8.99  
206/11/5/23  
\*Contains Nuts
- Hummus & Pita**  8.99  
139/5/5/19
- Hummus & Veggies**   8.99  
112/3/5/16
- Quinoa Tabouli**   8.99  
94/4/3/13
- Whole Grain Pasta Salad**   8.99  
240/10/8/30
- Fresh Cut Fruit**   8.99  
37/0/0/9
- Veggies & Ranch**   8.99  
190/14/4/20
- Coconut Curry Stew**  8.99  
289/22/6/20

**DRINKS**
*What's a meal without a drink?*

- Sparkling Water** 1.99
- Bottled Water** 1.99 / 2.49
- Hot Tea** 2.49 / 2.99
- Small Batch Iced Tea** 2.49 / 2.99

**Coffee Drinks**
*Almond and oat milk available on request*

- Americano**   1.99 / 2.99  
3/0/0/0
- Cappuccino**   3.29 / 4.49  
97-133/4-5/6-8/9-12
- Latte**   3.29 / 4.49  
128-164/5-6/8-10/12-15
- Tumeric Honey Latte**   3.29 / 4.49  
140-181/4/6-7/20-28
- Vanilla Latte**   3.79 / 4.99  
194-262/4/6-7/33-46
- Caramel Latte**   3.79 / 4.99  
217-298/4-5/6-7/38-54
- Mocha Latte**   3.79 / 4.99  
255-331/5-6/7-9/48-63
- Honey Latte**   3.99 / 4.99  
140-181/4/6-7/20-28
- Matcha Latte**   3.99 / 4.99  
195-277/5-8/8-12/26-38
- Macchiato**   3.29 / 4.49  
241-321/4-5/6-7/44-60
- Caramel Macchiato**   3.99 / 4.99  
217-298/4-5/6-7/20-54
- Cortado**   3.29  
36/1/2/3

**Steamers**  

- 186-294/4-6/6-10/32-50
- Lavender Vanilla** 2.49 / 3.49
- Dulce de Leche** 2.49 / 3.49
- Butterscotch** 2.49 / 3.49

**See More Online!**

For your nearest location, catering, or to order online, visit our website at [www.beehealthycafe.com](http://www.beehealthycafe.com)



# ★ THE LUNCH ROOM ★

## BREAKFAST

### OMELETS

ULTIMATE \$4.99  
Choice of meat, cheese and veggies

THE ORIGINAL \$3.99  
Choice of meat and cheese

GARDEN \$3.99  
Choice of cheese and veggies

### LUNCH

#### SANDWICHES

CLUB SANDWICH \$5.79

CHICKEN BACON WRAP \$4.99

TURKEY AND CHEESE \$4.49

HAM AND CHEESE \$4.49

BLT \$4.49

ANGUS CHEESEBURGER \$4.49

## SANDWICHES

CROISSANT \$3.29  
Choice of meat, egg and cheese

BAGEL \$3.29  
Choice of meat, egg and cheese

BISCUIT \$3.29  
Choice of meat, egg and cheese

TOASTER \$3.29  
Choice of meat, egg and cheese

BURRITO \$3.29  
Choice of meat, egg and cheese

BISCUIT & GRAVY \$1.99  
BAGEL & CREAM CHEESE \$1.79

## SPECIALTIES

SUPREME NACHOS \$4.99

LOADED BAKED POTATO \$3.99

FRITO CHILI PIE \$3.29

ALL BEEF HOT DOG \$1.99

## SALADS

GRILLED CHICKEN SALAD \$5.99

CHEF SALAD \$5.29

GARDEN SALAD \$3.99

## HOURS OF OPERATION:

Monday-Friday, 7 a.m. to 2 p.m. (excluding holidays)

## LOCATION:

Basement of the Oliver Hodge Building at 2500 N. Lincoln Blvd.



NE OKC'S  
**HOMELAND**

**NOW  
OPEN**

625 N.E. 36th St.,  
OKC, OK 73105

