



M

Butternut Squash Apple Soup **FIT V AG AM**

1.45 ★

BEST IN TOWN, KIMCHI PANCAKE BOWL: KOREAN CRISPY CAULIFLOWER | KOREAN FRIED CHICKEN AM

8.45

Pickled Cabbage Slaw **V+ AM** | Korean Cucumber Sesame Salad **FIT V+ AM**

***Deli** Chicken, Crispy Chickpea, Caesar Wrap **☞**

3.50 ★

***Grill** Chipotle BBQ Pulled Pork Hero **AM**

6.30

Action Fried Rice Bowl: Tofu **FIT V+ AG AM** | Chicken, Vegetable Fried Rice Bowl **FIT AG AM**

4.95 ★

Regional Favorite Jamaican: Jerk Spiced Chicken Thigh **FIT AM** | Jerk Tofu Steak, Mango Salsa **V+ AM**

4.95 ★ | 8.45

Pop Ups 100 NMW Bibimbap: Tofu Rice Bowl | Chicken Rice Bowl | Beef Rice Bowl

8.35 | 9.20

T

Tomato, Chipotle, Lime Soup **FIT V+ AG AM**

1.45 ★

BAKED CHICKEN PARMESAN FIT | EGGPLANT PARMESAN V

4.95 ★ | 8.45

Whole Wheat Penne, Marinara **FIT V+ AM** | Steamed Broccoli, Cauliflower **FIT V+ AG AM**

***Deli** Banh Mi Chicken Sandwich, Fish Sauce

6.30

***Grill** BBQ Chicken Mushroom Burger, Whole Wheat Bun **FIT ☞ AM**

3.50 ★

Action Fried Rice Bowl: Tofu **FIT V+ AG AM** | Steak **AG AM**

3.50 ★ | 8.45

Regional Favorite Arepas: Chickpea "Chorizo" **FIT V** | Chickpea, Chorizo **☞**

4.95 ★

Pop Ups 100 NMW Baba Ghannouj : Roasted Lemon Chicken Rice Bowl | Beef & Lamb Gyro Rice Bowl

8.35 | 9.20

300 NMW Sitar: Chicken Tikka Masala | Lamb Curry

8.35 | 9.20

W

Hot and Sour Soup, Pork **FIT AG**

1.45 ★

DECONSTRUCTED ROOT VEGETABLE POT PIE, PASTRY TOPPER FIT V | GRILLED SALMON, KALE STEM, PUMPKIN SEED PESTO FIT

4.95 ★ | 5.55 ★

Skin-on Mashed Potatoes **FIT V AG** | Steamed Broccolini **FIT V+ AG AM**

***Deli** Grilled Chicken, Black Bean, Salsa, Guacamole, White Wrap **☞ AM**

3.50 ★

***Grill** Harissa Salmon Burger, Dill Cucumber **FIT**

3.50 ★

Action Buffalo: Chicken, Cauliflower, Tofu Wraps and Salads

3.95 ★ | 7.50

Regional Favorite Buffalo: Chicken, Cauliflower, Tofu Wraps

3.95 ★ | 7.50

Pop Ups 100 NMW Carolina Fish Fry: Southern Style Vegetable Plate | Fish Fry

12.95 | 14.95

300 NMW Flik Buffalo: Chicken, Cauliflower, Tofu Wraps and Salads

3.95 ★ | 7.50

Th

Curry Beef Stew **AG**

2.55

CHIMICHURRI CHARRED CAULIFLOWER FIT V+ AG AM | JALAPENO CILANTRO MARINATED SALMON FIT AG AM

4.95 ★ | 5.55 ★

Chili, Squash, Zucchini, Corn **FIT V+ AG AM** | Avocado, Lime, Cilantro Brown Rice **FIT V+ AG AM**

***Deli** Adobo Turkey, Garlic, Avocado, Whole Wheat Thin **FIT**

3.50 ★

***Grill** Beef Mushroom Onion Smashburger **FIT ☞ AM**

3.50 ★

Action Hummus Bowl: Chicken **FIT** | Shrimp

4.95 ★ | 8.45

Regional Favorite Pasta: Roasted Vegetable Penne Bake **FIT V** | Grilled Chicken, Whole Grain Pasta Primavera **FIT AM**

4.95 ★

Pop Ups 100 NMW Sitar: Chicken Malabar | Lamb Korma

8.35 | 9.20

300 NMW Bibimbap: Tofu Rice Bowl | Chicken Rice Bowl | Beef Rice Bowl

8.35 | 9.20

F

Creamy Spicy Corn Chowder **V**

2.55

COUNTRY STYLE TOFU FIT V+ AG AM | ROAST TURKEY BREAST, PAN GRAVY FIT

4.95 ★

Sweet Potato Parmesan Gratin **FIT V AG** | Freekeh, Salad, Cranberry **FIT V AM**

***Deli** Tuna, White Bean Salad, Red Pepper Spread, Whole Wheat Bread **FIT ☞**

3.50 ★

***Grill** Roasted Jamaican Jerk Wings **AG AM**

6.30

Action Chef's Choice, Mexican Ramen: Cilantro Lime Grilled Tofu **FIT V+ AG AM** | Al Pastor Glazed Pork Belly **AM**

8.45

Regional Favorite Gumbo: Vegetarian Louisiana Gumbo **FIT V** | Andouille Sausage, Chicken Gumbo

4.95 ★ | 8.45



Your dining website is your one-stop-shop for all things dining!

*All deli and grill orders should be placed via your **My Quickcharge** account OR the kiosks near the café entrance.

POP UPS AVAILABLE FROM 11AM-2PM

★ Earns 5 points/\$ | **FIT** based on nutrition criteria | **Functional Foods** ingredients with health improving attributes | **☞** plant centric: mostly vegetables, limited meat | **V+** vegan | **V** vegetarian | **AG** avoiding gluten | **AM** avoiding milk | **☞** Functional Fuel: a complete meal, please inform your server if a person in your party has a food allergy. Items subject to availability.