Café 300

Week of October 13th

## What's Happening

CHECK OUT OUR TAKE HOME MEALS FOR THE WEEK

#### **SPECIAL EVENTS:**

- NEW GRILL SPECIAL FROM THE BURGER COMPETITION (Oct 13.-Oct. 17th)
- Diwali Celebration 10/14 with MALABARS Indian Cusine

#### **UPCOMING:**

TRIVIA GIVEAWAY

Deli FLIK Chicken Bacon Ranch

Grill Christa Jordan's Spicy Smash

Burger

Grill Ron's Pizza Melt

Grill Breakfast – It's Back - Steak, Egg,

Onion & Cheese Bagel

Soup

FLIK Chicken Noodle Soup M Savoy Cabbage Vegetable Soup

#### **Tuesday Only**

CHEF'S **TABLE** 

WEEKLY **SPECIALS** 

> DIWALI CELEBRATI ON

**MALABAR** INDIAN **CUISINE** 

Lunch

Celebrate DIWALI This Tuesday with This Amazing Menu From This Local Indian Restaurant to Celebrate DIWALI at Chefs Table Tuesday Only. Come Check Out The Diwali

Breakfast 7 AM - 10 AM

**HOURS** 

- Grill Breakfast Buffet
- Yogurt & Toast Bar (Closed on Fridays)
- Web & Kiosk Ordering for Grill Favorites

11 AM - 1:30 PM (Grill open until 2PM)

Salad & Deli Closed on Fridays

3 convenient ways to order:

- 1. Download the MySystopia mobile app, available on iOS and Android, workplace code: 989980
- 2. Online at mycafe.systopiacloud.com
- 3. Café 300 order kiosks

For nutrition information and more: flikcafes-usa.com/hcsc

ENTER THE OCTOBER

Food by **FLIK** 





#### Lamb Curry \$14

An Indian lamb curry with a heady combination of intense spices in a creamy tomato curry sauce, served with white rice, salad and naan bread

#### Butter Chicken \$13 extra chicken +\$7

Made with chicken, spices, tomatoes and cream. Its sauce is known for its rich texture, served with white rice, salad and naan bread

#### Chicken Dum Biryani \$14

Made with tender chunks of chicken in a creamy, spicy blend of onion, garlic, tomatoes and Indian spices, with salad and pickle

#### Paneer Tikka Masala \$12

is a popular Indian curry with cubes of paneer (Indian cottage cheese), onions and peppers are marinated with yogurt and spices, grilled and then tossed in a creamy tomato-based curry, served with white rice, salad and naan bread

#### Veg or Chicken Samosa \$2.50

Deep fried Samosa sheet filled with vegetables seasoned with Kerala spices

Naan \$3 Mango Lassi \$5



Scan the code to let us know if you are enjoying the local restaurant program.



# TREE HOUSE

### MENU WEEK OF OCTOBER 13TH 2025

Coffee Bar 7 AM - 4 PM

**STARBUCKS** (Monday-Friday)

Breakfast 7 AM - 10 AM

**ORCHARD BAR** (Monday-Friday)

Walk up and order one of our FLIK Favorites or build your own smoothie **NEW** Smoothie for Breast Cancer Awareness Month (Pink Power Blend)

**ARBOR** (Monday-Friday)

Self-serve weighed hot breakfast buffet with new selections daily

Check our Viva Engage page for daily selections available

**CANOPY** (Monday-Thursday)

Walk up and order breakfast action station

**Breakfast Quesadilla** 

Lunch 11 AM - 1:30 PM

**ARBOR** (Monday-Friday)

Self-serve weighed hot lunch buffet with new selections daily

Check our Viva Engage page for daily selections available

**CANOPY** (Monday-Thursday)

Walk up and order lunch action station

**Polenta**