

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](http://mycafe.systopiacloud.com)
3. Café 300 order kiosks



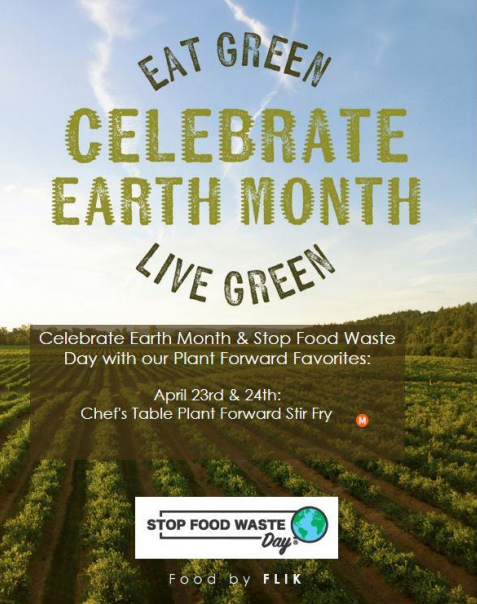
Doubles are the most popular street food in Trinidad. A fried flat bread topped with curry and spicy condiments or tamarind chutney.

Trinidad Flatbreads



AT THE ROOT  
BY FLIK

April 2024



EAT GREEN  
CELEBRATE  
EARTH MONTH  
LIVE GREEN

Celebrate Earth Month & Stop Food Waste Day with our Plant Forward Favorites:

April 23rd & 24th:  
Chef's Table Plant Forward Stir Fry <sup>M</sup>



Food by FLIK

## BREAKFAST 7 – 10 am

Place Your Order Online or on the Café 300 Order Kiosks:

### BREAKFAST GRILL (Tuesday - Friday 7 – 10am)

**Build Your Own:** Scramble, Breakfast Tacos, Breakfast Sandwich  
Build Your Own Omelet / Build Your Own Veggie Stir Fry

Self-Serve at the Station:

### WEIGHED HOT BREAKFAST BUFFET (Tuesday - Thursday 7am – 10am)

## LUNCH 11am-1:30pm (Grill open until 2pm)

Self Serve at the Station:

### SOUP (Tuesday - Friday 11am - 2pm)

Spicy Chicken Roasted Vegetable Soup <sup>M</sup>

Split Pea Soup <sup>M</sup>

Place Your Order at the Station:

### World Kitchen (Tuesday & Wednesday 11am - 130pm)

#### Global Food – Trinidad Flatbread

Join us in a taste of Trinidad with our at the Root Station . We'll have authentic toppings for you to choose from, to fulfil your taste buds for a Taste of Trinidad

### Chef's Table (Tuesday and Wednesday 11am - 130pm)

**Plant Based Stir-Fry** Enjoy pan seared plant forward stir fry with authentic toppings for you to choose from that includes a noodle base, a protein and a vegetable <sup>M</sup>

Place Your Order Online or on the Café 300 Order Kiosks:

### DELI (Monday - Thursday 11am - 130pm)

#### Build Your Own or Select a Signature Sandwich

Tuna Salad Wrap <sup>M</sup> / Chicken Pesto Panini

Sauteed Mushroom, Caramelized Onions, Pesto, Gruyere, 9 Grain

Turkey Avocado Melt / 3-Cheese Grilled Cheese / Pastrami Reuben

Chicken Parmesan Melt: Provolone, Mariana, Italian Bread

#### Taqueria Special: Crispy Buffalo Chicken Wrap

### TAQUERIA (Monday - Friday 11am - 130pm)

**Build Your Own:** Taco Platter, Quesadilla, Burrito, or Burrito Bowl

### GRILL (Monday - Friday 11am - 2pm)

**Traditional Grill Favorites:** Grilled Salmon <sup>M</sup>, Wasabi Salmon Burger <sup>M</sup>, Beef Burger, Turkey Burger, Chipotle Black Bean Burger <sup>M</sup>, Chicken Tenders, Grilled Chicken <sup>M</sup>, Beef Philly Cheese Steak Sandwich, Roasted Vegetable Medley

**Grill Special: Curry Lentil Turkey Burger with Mango Chutney on a Whole Wheat Bun**