

# THE FALLS FOOD HALL SPREAD

MARCH 2026

## Sips of Spring

Visit the Steamboat Cafe baristas for a fun chat and fresh drink recommendations. They love sharing their favorite off-menu creations to help you welcome the warmer spring weather.



Adam

### White Chocolate Matcha Latte (hot or iced)

The sweet, familiar white-chocolate flavor softens the earthiness of the matcha while keeping its signature taste intact. Add a pump of peppermint for a refreshing, minty zing!

### Iced Matcha Latte with Strawberry Cold Foam

This drink is inspired by a customer's recent order! The strawberry syrup is perfect atop the matcha latte. When iced, the colors resemble a flower!



Jordan

## TRY OUR RECIPES

The perfect template for a "meal-prepable" grain salad

- whole grain
- bite-sized veggies
- fresh herbs
- zingy vinaigrette

scan for  
  
recipe

Barley Feta Dill Salad



Let's Talk  
**FLIK**



Scan the QR Code and Submit Your Feedback



MEET

**Brigit**

Bluegrass Kitchen Cook

**ABOUT BRIGIT**

You see her dishing up a variety of foods on our entree station, but have you ever seen Brigit running to and from work, no matter the weather?! She is amazing!



# WHAT'S HAPPENING

VISIT GO/FLIK TO SEE OUR MENU

*Leading the Change*  
**Women Shaping  
 A Sustainable  
 Future**

Each Thursday in March, we're celebrating Women's History Month by shining a light on the incredible women behind our kitchen. Enjoy special dishes inspired by their own recipes, cultural traditions, and menu ideas—proudly crafted and shared from the heart.

**Every Thursday in March**

**WOMEN'S HISTORY MONTH**

**GLOBAL**

SEARCH FOR  
 INSPIRE AND  
 MORE AND!

**FAMILY PANTRY**  
 AUTHENTIC INDIGENOUS INGREDIENTS,  
 KNOWN TO PROMOTE HEALTH

**GREECE**

The health benefits of Greek cuisine, part of the Mediterranean diet, stem from dishes made with plant foods like vegetables, whole grains and herbs, healthy fats such as olive oil, and lean proteins, such as seafood.

This month's featured ingredients include olive oil, lemon, dill, yogurt.

**LIGHT &  
 LOVELY**  
 Celebrate Lent

Join us every Friday  
 during Lent for  
 meatless meals.

Food by FLIK

**NATIONAL NOODLE MONTH!**

Come celebrate with comforting classics and bold, craveable noodle favorites all month long.

Food by FLIK

**FILIPINO INASAL**  
 March 10

SPILL THE SAUCE ON FILIPINO INASAL!

**GLOBAL FOOD TREND**

Chat with our  
**FLIK REGISTERED DIETITIAN**

Stop by to talk with Amanda Veneman about healthy eating and sample nutritious, delicious #FoodbyFLIK!

**TASTING TABLE**  
 Falls Food Hall  
 Wednesday 3/11  
 11:00 – 1:00

**IRISH SPICE BAG**

March 17, 18 & 19  
 On Colonel's Plate

**chef's choice**

Food by FLIK

**FLICKS WITH FLIK**  
 WEDNESDAY 3.18

**NUTRITION AT HUMANA**

**WOW LIVE: NUTRITION WEBINAR**  
 Nutrition Made Simple

Amanda shares doable nutrition goals and practical cooking tips to energize you and build lasting habits.

TO REGISTER: Search "WOW Live: Nutrition" in the Learning Center

Earn 100 Personal Health points!

3/19  
 1:00pm EST  
 go/nutritionTV

**SPRING DAYS AHEAD**

Celebrate the season with vibrant dishes that bring the taste of Spring to your table! From crisp greens and colorful bites, it's time to savor the freshness and welcome warmer days!

**Friday, March 20**

**MORE CLUCK FOR YOUR BUCK!**

**A FUN NEW WAY TO FEAST: CRISPY CHICKEN + ALL THE FIXIN'S**

Wednesday, March 25

**IT'S OPENING DAY**

**STEP UP TO THE PLATE**  
**OPENING DAY IS HERE!**  
 Celebrate the start of the season with flavors that knock it out of the park!

Join us in the café on **Thursday, March 26** for our game day specials.

Food by FLIK



**NOT YOUR AVERAGE CATERING CREW**  
 Shout-out to our amazing catering team! They can elevate any event with fun extras like specialty desserts or a hot-chocolate bar.

Contact Corrie.Pennington@compass-usa.com or Kitty.Mason@compass-usa.com for all your catering needs.

