

JOIN US FOR A

CINCO DE MAYO FIESTA!

Monday, May 6

TEQUILA LIME CHICKEN
 Mexican Rice
 Tortilla Chips
 Braised Frijoles Rojos, Pico De Gallo

Food by FLIK

M Taco Soup

TEQUILA LIME CHICKEN BWELL

Mexican Rice **BWELL**

Tortilla Chips

Braised Frijoles Rojos, Pico De Gallo

Breakfast Pancake

T Cauliflower Parmesan Soup **BWELL**

BEEF PICADILLO BWELL

Rice Pilaf **BWELL**

Roasted Broccoli Rabe **BWELL**

Breakfast Monte Cristo

W Spicy Red Bean & Cocoa Soup **BWELL**

GARLIC BUTTER SHRIMP BWELL

Mashed Parsnips **BWELL**

Steamed Green Beans **BWELL**

Breakfast Belgian Waffles

Th Creamy Asparagus Soup **BWELL**

HONEY GINGER PORK STEAKS BWELL

Rice Pilaf **BWELL**

Montreal Seasoned Carrots **BWELL**

Breakfast Sausage Gravy, & Biscuits

F CHEF'S CHOICE

BEEF GYRO ON PITA BREAD

French Fries or Onion Rings

Steamed Snap Peas **BWELL**

Breakfast Ham & Cheese Scramble

DELI SPECIAL

Kentucky Hot Brown Ciabatta Rolls

Flik Chips

B DEFINED

well

WHAT MAKES SOMETHING **Bwell**?

Items marked with this icon meet the following criteria, consistent with current dietary recommendations.

MAIN ENTRÉE

Calories: <400

Sat Fat (g): <5

Sodium (mg) <600

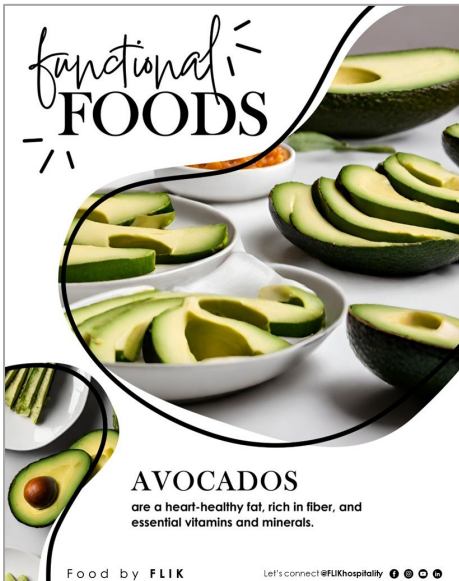
SIDES

Calories: <250

Sat Fat (g): <2

Sodium (mg) <250

functional FOODS



AVOCADOS
 are a heart-healthy fat, rich in fiber, and essential vitamins and minerals.

Food by FLIK

Let's connect @FLIKhospitality