

## Entrée Menu



**Rustic Herb Chicken:** Herb Roasted Chicken Breast **FIT**, Herb Roasted Potatoes with Onions **FIT** and Roasted Broccoli and Cauliflower



**Five Spice Pork Stir Fry:** Five Spice Pork and Green Bean Stir Fry **FIT** with Jasmine Rice and Carrot Ginger Salad



**Mediterranean Bowl:** Brown Rice, Hummus, Grilled Za'atar Chicken, Diced Cucumbers, Kalamata Olives, Feta Cheese, and Tzatziki



**Chicken Parmesan:** Chicken Parmesan with Roasted Zucchini **FIT** and a Breadstick



**Chicken Piccata:** Baked Chicken in a Lemon Caper Sauce with Linguini Pasta and Sautéed Spinach



## Weekly Specials

**Chicken and Basil Ricotta**

**Falafel Pita:** Fried Falafel, Pickled Red Onions, Cucumber Salad, Tomatoes and Tahini in a Pita

**Blackened Chicken Caesar Salad:** Romaine Lettuce with Blackened Chicken Breast, Parmesan Cheese and Croutons

**Angry Chicken Po'Boy:** Fried Chicken with Angry Sauce, Provolone Cheese, Lettuce and Tomato on a Hoagie Roll

**Ms. Barb's Chicken Salad:** Grilled Chicken Salad with Fresh Grapes and Toasted Sunflower Seeds, with Lettuce, Tomato and Shaved Red Onions on Whole Wheat Bread

**Chicken Black Bean Chili **FIT** & Chef's Choice**

## Entrée Menu



Café Closed



**Taco Tuesday:** Chicken Tinga with Cuban Black Beans, Cilantro Lime Rice and Assorted Toppings



**Sweet Sesame:** Teriyaki Chicken Breast with Honey Sesame Roasted Brussels Sprouts **FIT** and a Spring Roll



**Stew:** Beef Stew with Jasmine Rice and Braised Carrots and Leeks **FIT**



**Chicken Wings:** Five Chicken Wings with Fries and Celery



## Weekly Specials

**Mexican Pizza:** Marinara Sauce, Cheddar Cheese, Tomatoes, Black Olives, Jalapenos and Cilantro

**Meatball Sub:** Meatballs with Marinara Sauce, Parmesan Cheese on a Hoagie Roll

**Buffalo Chicken Salad:** Fried Buffalo Chicken with Tomatoes, Blue Cheese Crumbles over Romaine Lettuce

**Chicken Caprese:** Grilled Chicken with Tomatoes, Arugula, Fresh Mozzarella, Basil Pesto and Balsamic Glaze on Ciabatta

**French Dip:** Roast Beef, with Au Jus on a Baguette

**Beef, Bacon, Navy Bean Soup & Chef's Choice**

## Entrée Menu



**Homestyle Pot Pie:** Chicken Pot Pie with Rice Pilaf and Steamed Green Beans



**Peruvian Platter:** Peruvian Roasted Chicken Leg Quarter **FIT**, Quinoa Atamalado **FIT**, and Fajita Vegetables



**Buffalo Spice Bowl:** Rice Pilaf, Crispy Buffalo Chicken, Corn, Blue Cheese Crumbles and Cheddar Cheese with Fried Tortilla Strips and Ranch Dressing



**Fish & Chips:** Fried Fish with Fries



**Comfort Spaghetti:** Spaghetti with Your Choice of Marinara or Meat Sauce, with Roasted Cauliflower, Parmesan Cheese **FIT** and a Breadstick



## Weekly Specials

**Cheeseburger Pizza:** Ground Beef, Mozzarella Cheese, Cheddar Cheese, Tomatoes, Lettuce, White Onions and Pickles

**Tex Mex Burger:** Beef Patty, Queso, Pepper Jack Cheese, Chopped Seasoned Beef, Grilled Onions on Brioche

**Chef Salad:** Crisp Lettuce with Turkey, Ham, Cheddar Cheese, Fresh Tomato, Crisp Cucumber, Carrots and Hard-Boiled Egg.

**St. Louis Chicken Sandwich:** BBQ Pulled Chicken, Spinach Bacon Jam, Crispy Onions on a Brioche

**Chicken Parm Sandwich:** Breaded Chicken Breast with Marinara Sauce, Parmesan & Mozzarella on a Ciabatta

**Italian Wedding Soup & Chef's Choice**

# CHICKEN PARM

Choice of:

Chicken Parmesan  
or  
Eggplant Parmesan



THURSDAY,  
JANUARY 15

Spaghetti Noodles

Roasted Zucchini

Breadstick

# CHICKEN PICCATA

FRIDAY, JANUARY 16

BAKED CHICKEN  
LEMON CAPER SAUCE  
LINGUINI NOODLES  
SAUTEED SPINACH





1/20

TACO  
Tuesday

Chicken Tinga with Cuban Black Beans, Cilantro Lime  
Rice and Assorted Toppings

# Spaghetti

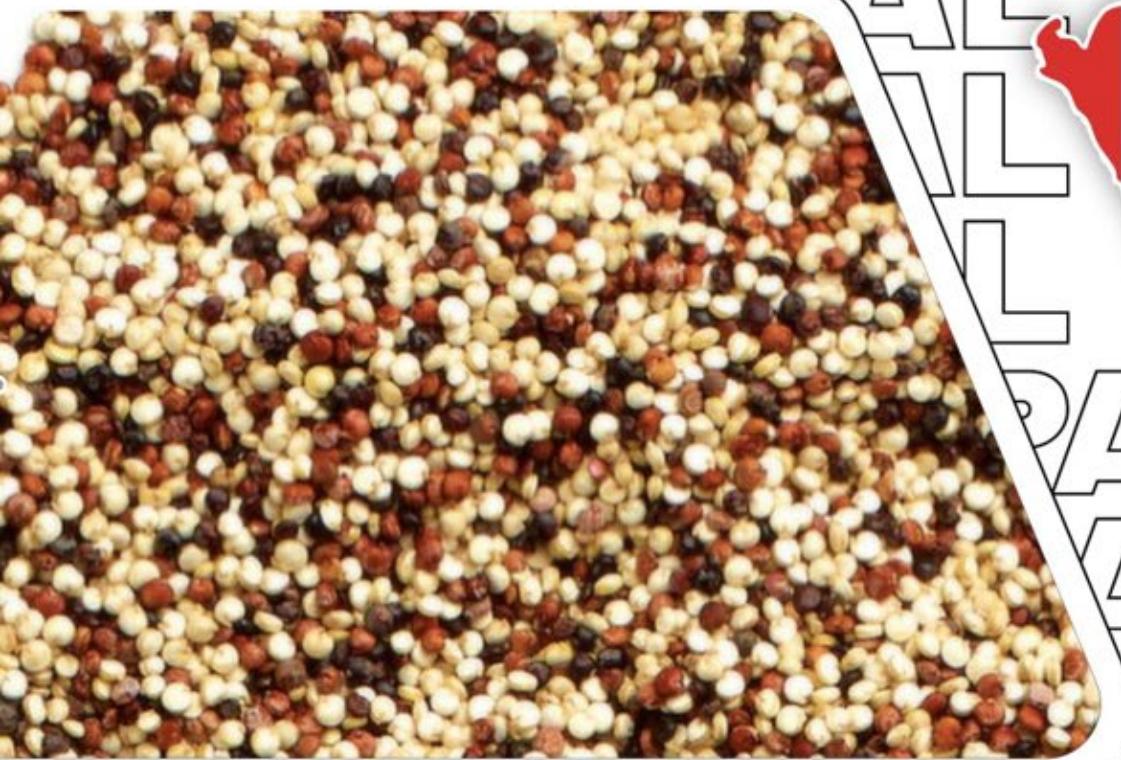
Friday  
1/30



# GLOBAL

# GLOBAL

# GLOBAL



AUTHENTIC INDIGENOUS INGREDIENTS,  
KNOWN TO PROMOTE HEALTH

Food by **FLIK**

Let's connect @FLIKhospitality



# PERU

The health benefits of Peruvian cuisine stem from traditional dishes that are rich in plant-based ingredients, whole grains such as quinoa, lean animal proteins, and seafood prepared using balanced cooking methods.

This month's featured ingredient include quinoa, lime, fish, aji amarillo.



SCAN HERE FOR RECIPES  
AND MORE INFO!