

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 Sauteed 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

Before placing your order, please inform your server if a person in your party has a food allergy.

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

Before placing your order, please inform your server if a person in your party has a food allergy.

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





TACO

1/20

Tuesday

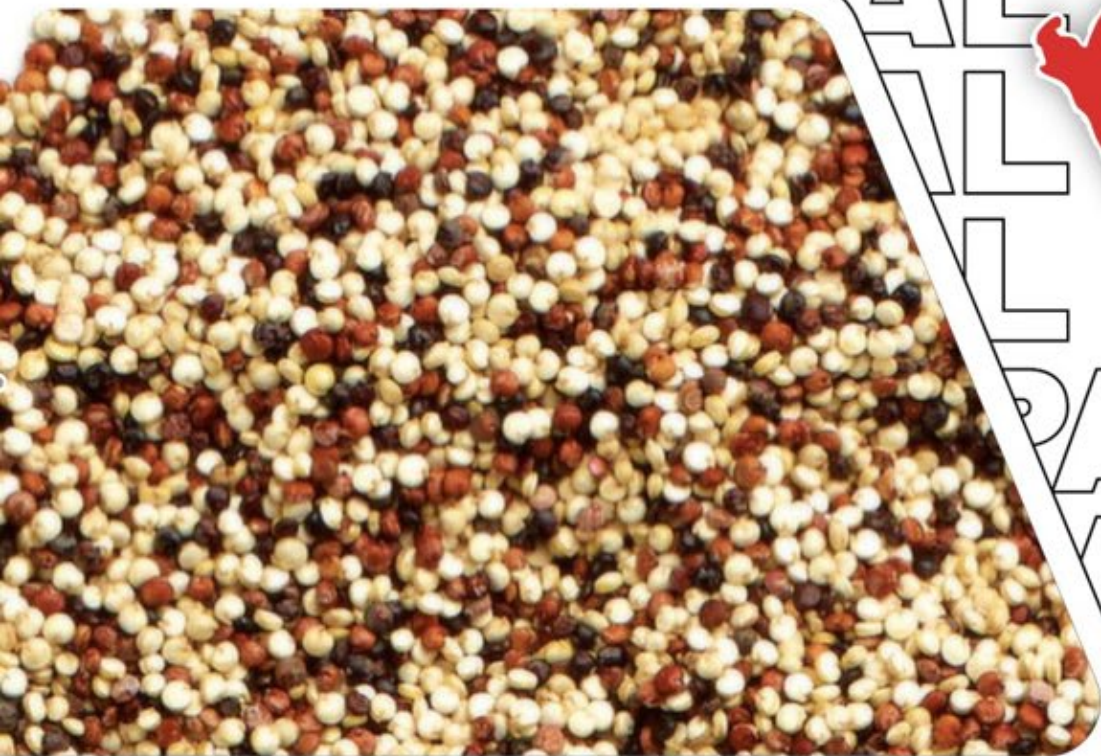
Chicken Tinga with Cuban Black Beans, Cilantro Lime
Rice and Assorted Toppings

Spaghetti

Friday
1/30



GLOBAL



AUTHENTIC INDIGENOUS INGREDIENTS,
KNOWN TO PROMOTE HEALTH

PANTRY

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!

