

Entrée Menu



Cozy Meatloaf: Turkey Meatloaf with Garlic Mashed Potatoes, Southern Style Green Beans and a Biscuit



Taco Tuesday: Choice Between Chicken Tinga or Pork Carnitas, Cilantro Lime Rice, Black Beans and Assorted Toppings



Holiday Meal: Your Choice of Honey Sugar Baked Ham or Roast Turkey, Pan Gravy **FIT**, Potatoes Au Gratin, Freekeh Honey Roasted Butternut Craisins **FIT**, Roasted Tri Colored Carrots with Maple Butter and Sauteed Kale with Garlic **FIT**



Root & Roast Plate: Your Choice of Slow Roasted Beef Brisket and Caramelized Fennel or Herb Roasted Chicken Breast **FIT**, with Potato Latkes, Scallion Sour Cream, Roasted Root Vegetables (Parsnips, Turnips, Carrots, Beets) **FIT**



BYO Pasta Bar: Your Choice of Noodles, Sauce, Protein and Assorted Toppings

Weekly Specials



Chicken Parmesan



Stuffed Portobello Burger: Crispy Stuffed Portobello, with Lettuce and Tomato on a Brioche



Salmon Caesar: Romaine Lettuce with Cherry Tomatoes, a Hard-Boiled Egg, Prosciutto and Grilled Salmon with Parmesan, Croutons and Caesar Dressing



Hot Chicken Sandwich: Fried Chicken Thigh with Sweet and Spicy Gochujang Sauce, Pickled Cabbage Slaw on Bao Bun (Two)



Turkey Rueben: Turkey with Swiss Cheese, Coleslaw and Thousand Island Dressing on Whole Wheat Bread



Butternut Squash & White Bean FIT

Entrée Menu



Creamy Penne Bake: Baked Penne with Chicken, Broccoli, Cheddar, Cauliflower Cream Sauce, Garlic Cheese Bread



Southern Fried Chicken: Fried Chicken with Roasted Potatoes, Grilled Honey Glazed Carrots, Buttermilk Biscuit and Honey Butter



No Entrée



Café Closed



Café Closed

Weekly Specials



Chicken Pesto



Italian Sausage Hoagie: Italian Sausage with Sweet Onions and Peppers on a Sub Roll



Chicken Waldorf Salad: Chicken Salad with Walnuts, Celery, Grapes, Apples and Farro



BBQ Pulled Chicken Sandwich: BBQ Pulled Chicken with Pimento Cheese, Southern Style Coleslaw, on a Bun



Muffuletta: Chopped Bell Peppers, Eggplant, Squash, Lettuce and Giardiniera on a Sub Roll



Chicken Noodle

Entrée Menu



Island Spice Chicken: Jerk Spiced Chicken with Jollof Spiced Tomato Rice and Braised Collards with Bacon **FIT**



Smokehouse Chicken: BBQ Chicken with Roasted Squash, Mac and Cheese, and Jalapeno Cheddar Corn Bread



No Entrée



Café Closed



BYO Chicken Tender Bowl: Proteins and Assorted Toppings!

Weekly Specials



Grilled Chicken and Roasted Broccoli



Turkey & Blue Cheese Burger: Turkey Burger with Lettuce, Tomato, Blue Cheese Crumble on a Brioche



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



Buffalo Chicken Wrap: Spicy Buffalo Chicken Wrapped with Crisp Lettuce, Tomato, Blue Cheese Crumble and Diced Celery in a Tortilla



Three Layer Club: Turkey, Ham, Bacon, Cheddar Cheese, Lettuce, Tomato, Red Onion, and Mayonnaise on White Bread



Collard Ham & Black Bean Soup

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

TACO TUESDAY

DECEMBER 16TH





*Cafe
Closed*

Thursday and Friday
25th & 26th

functional FOODS

SEEDS

Seeds are an excellent source of heart healthy fats, plant protein, fiber and antioxidants. Consuming seeds as part of a balanced diet can reduce the risk of some cancers, heart disease and diabetes.

INGREDIENTS WITH HEALTH
IMPROVING ATTRIBUTES

Food by FLIK

Let's connect @FLIKhospitality





Cafe Closed

Thursday, January 1