

### Entrée Menu



**SHRIMP ALFREDO**  
Fettuccini Noodles with Alfredo Sauce and Shrimp, Brussels Sprouts and Garlic Bread



**TACO TUESDAY**  
Pulled Chicken with Cuban Black Beans, Cilantro Lime Rice, and Toppings



**GLOBAL FOOD TREND**  
Filipino Inasal  
BBQ Chicken Breast Quarter with Fish Sauce, Fried Garlic Annatto Rice **FIT**, Sauteed Chinese Broccoli **FIT**, Pickled Spicy Cucumbers and Pickled Mango



**SOUTHERN CHICKEN**  
Fried Chicken Drumstick or Thigh, Mac and Cheese, and Sauteed Green Beans **FIT**



**VEGETABLE FRIED RICE**  
Fried Rice with Carrots, Peas, Scallions and Edamame



### Weekly Specials

**SICILIAN SAUSAGE**



**ITALIAN SAUSAGE SUB**  
Sausage, Provolone Cheese, Peppers and Onions on a Sub Roll



**COBB SALAD**  
Crisp Lettuce with Blue Cheese Crumbles, Hard Boiled Eggs, Crispy Bacon, and Creamy Avocado



**BUFFALO CHICKEN GRILLED CHEESE**  
Shredded Chicken with Hot Sauce, Cheddar and American Cheese on Texas Toast



**SPICY SHRIMP SALAD**  
Spicy Cajun Shrimp Salad with Lettuce, Tomato on a Brioche Bun



**VEGETARIAN MINESTRONE SOUP FIT & CHEF'S CHOICE**



### Entrée Menu



**GENERAL TSO'S CHICKEN**  
Boneless Chicken Thigh in a Sweet and Sour Sauce with Jasmine Rice **FIT**, Sauteed Bok Choy, Broccoli, Red Pepper, Mushroom and Carrots **FIT**



**LEMON HERB CHICKEN**  
Lemon Herb Roasted Chicken Breast with Roasted Zucchini and Squash **FIT** with Creamy Polenta



**BYO RAMEN BAR**  
Vegetable Broth, Ramen Noodles **FIT**, Miso Ginger Marinated Chicken Thigh with Toppings



**SOUTHERN FISH AND CHIPS**  
Fried Catfish with Seasoned Wedges



**VEGETARIAN PARMESAN**  
Eggplant Parmesan with Spaghetti and Roasted Carrots



### Weekly Specials

**BUFFALO**  
Buffalo Shredded Chicken with Red Onions, Blue Cheese Crumbles and Green Onions



**MEATBALL SUB**  
Meatballs with Marinara Sauce, Parmesan Cheese on a Hoagie Roll



**CRISPY CHICKEN SALAD**  
Crispy Fried Chicken over Fresh Lettuce with Red Onions, Tomatoes, Cucumbers, and Shredded Carrots



**CHICKEN GYRO**  
Chicken Wrapped in Warm Pita with Creamy Tzatziki and Fresh Veggies



**CUCUMBER THIN**  
Grilled Chicken, Thinly Sliced Cucumbers, Cream Cheese, on a Sandwich Thin



**NEW ENGLAND CLAM CHOWDER & CHEF'S CHOICE**



# PLANT FORWARD FRIDAY'S

**03.06**

Linguinie &  
White Clam  
Sauce with  
Steamed  
Asparagus FIT

**03.13**

Crispy "Orange  
Chicken"  
Cauliflower FIT  
with Jasmine Rice  
FIT and Roasted  
Broccoli FIT

**03.20**

Cheese Tortellini  
a la Vodka with  
Steamed Peas  
and Carrots FIT  
and Crispy  
Bread

**03.27**

Fried Rice with  
Carrots, Peas  
and Scallions  
with  
Edamame

**04.03**

Eggplant  
Parmesan with  
Spaghetti  
Noodles and  
Roasted Carrots



# FILIPINO INASAL

& Wednesday, 03.11  
Wednesday, 03.25



**SPILL THE SAUCE ON  
FILIPINO INASAL!**

## GLOBAL FOOD TREND



# BYO RAMMEN BAR



VEGETABLE BROTH  
RAMEN NOODLES  
PROTEINS & TOPPINGS

*join us Wednesday 04.01*