

# 1ST & Eats

# MENU

MONDAY, JUNE 9

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken Florentine Soup

Puerto Rican Sancocho Soup: Beef, Kabocha, Yucca and Corn

Lentil, Butternut Squash and Spinach Soup

## ENTREE

Sautéed Beef, Fermented Black Bean Oyster Sauce	6.50
Korean BBQ Chicken	6.50
Fried Tofu, Thai Basil Soy Glaze	5.50
Chili Green Beans	1.50
Sweet Chili Steamed Vegetables	1.50
Scallion Jasmine Rice	1.50

## PIZZA

Margherita Pizza, Roma Tomatoes, Mozzarella, Basil	2.50
Cheese	2.00
Vegetarian	2.50
Pepperoni	2.25

## QUICK PICKS

Grilled Salmon    , Blueberry Pineapple Salsa	7.00
Chef's Picks	2.00/3.00
French Fries	1.60

## CULINARY THEATER

### LO MEIN BOWL

Hoisin Glazed Roasted Chicken Thigh	7.75
Roasted Teriyaki Tofu	7.25

**BASE:** Lo Mein Noodles

**TOPPINGS:** Carrot, Mix Bell Peppers, Shiitake Mushroom, Baby Corn, Scallions, Egg, Napa Cabbage, Cilantro

**SAUCE:** Traditional Lo Mein Sauce

**SELF-SERVE:** Chili Flakes

## SUSHI

Mega California Roll	10.49
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## DESSERT

Blackberry Cobbler	2.50
Caramel, Dulce de Leche Cheesecake	2.50

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Pepper, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Ciabatta, Sandwich Thin, Udi's Bun

## DELI SPECIAL

Adobo Recado Turkey, Avocado, Creamy Garlic Dressing, Light Mayonnaise, Sandwich Thin

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER	4.75
TURKEY BURGER	4.75
HOMEMADE VEGGIE BURGER	4.20
STEAK & CHEESE	5.25
Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms	
GRILLED CHICKEN BREAST	4.75
GRILLED CHEESE	2.65
FRENCH FRIES	1.60

## GRILL SPECIALS

Cranberry Apricot Stuffed Pork Loin with Cranberry Pan Gravy

Olive Oil Mashed Cauliflower 1.50

## PICANTE

Mojo Roasted Pork Shoulder	6.50
Jalapeno Cilantro Chicken Thigh	6.50
Grilled Orange Chipotle Cauliflower Steak	5.50

**CHOOSE:** Burrito, Soft Tacos or Bowl

**BASE:** Shredded Lettuce, Cilantro Rice, Black Beans

**TOPPINGS:** Pico de Gallo, Guacamole, Cheddar, Queso Fresco, Crema, Pickled Jalapenos, Pickled Onions, Corn Salsa, Salsa Roja, Salsa Verde



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 1ST & Eats

# MENU

TUESDAY, JUNE 10

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Barley Root Vegetable Chowder

Chicken, Quinoa, Vegetable Soup

Ham, Navy and Pinto Bean Soup

## ENTREE

Spicy Shrimp Fra Diavolo	7.50
Shallot, Garlic, Rosemary Marinated Flap Steak	6.50
Madeira, Mushroom, Lentil "Meatball"	5.50
Roasted Golden Beets	1.50
Penne, Roasted Garlic Oil	1.50
Buttered Spinach, Red Wine Vinegar	1.50

## PIZZA

Spring Vegetable Pizza, Herbed Grilled Chicken, Mozzarella	2.50
Cheese	2.00
Vegetarian	2.50
Pepperoni	2.25

## QUICK PICKS

Grilled Salmon    , Blueberry Pineapple Salsa	7.00
Chef's Picks	2.00/3.00
French Fries	1.60

## CULINARY THEATER

### GUMBO LOUISIANA BAR

Blackened Shrimp	8.50
Cajun Spice Chicken Thigh	7.75
Andouille Sausage	7.75
Cajun Roasted Tofu	7.25

**BASE:** Dirty Rice

**BROTH:** Gumbo Base

**TOPPINGS:** Roasted Black Eyed Peas, Croutons, Okra, Tri-Colored Peppers Sautéed, Roasted Corn, Frizzled Onions

**SIDE:** Corn Bread

## SUSHI

Tuna Salmon Rumba Burrito 10.49

## DESSERT

Blackberry Cobbler	2.50
Caramel, Dulce de Leche Cheesecake	2.50

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Pepper, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Ciabatta, Sandwich Thin, Udi's Bun

## DELI SPECIAL

Blackened Salmon, Avocado, Apple Cider Coleslaw, Tomato, Lettuce, Whole Wheat Wrap 6.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER	4.75
TURKEY BURGER	4.75
HOMEMADE VEGGIE BURGER	4.20
STEAK & CHEESE	5.25
Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms	
GRILLED CHICKEN BREAST	4.75
GRILLED CHEESE	2.65
FRENCH FRIES	1.60

## GRILL SPECIALS

Double Loaded Chili Cheese Dog, Hoagie Roll 6.50  
Roasted Green Beans, Shallots 1.50

## PICANTE

Mojo Roasted Pork Shoulder	6.50
Jalapeno Cilantro Chicken Thigh	6.50
Grilled Orange Chipotle Cauliflower Steak	5.50

**CHOOSE:** Burrito, Soft Tacos or Bowl

**BASE:** Shredded Lettuce, Cilantro Rice, Black Beans

**TOPPINGS:** Pico de Gallo, Guacamole, Cheddar, Queso Fresco, Crema, Pickled Jalapenos, Pickled Onions, Corn Salsa, Salsa Roja, Salsa Verde



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 1ST & Eats

# MENU

WEDNESDAY, JUNE 11

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Split Pea and Ham Soup

Hearty Red Bean Chili Soup

Chicken Tortilla Soup

## ENTREE

Cuban Mojo Pork Tenderloin	6.50
Pollo Asado	6.50
Grilled Cauliflower Steak	5.50
Cuban Rice	1.50
Stewed Black Beans	1.50
Fried Plantains, Orange	1.50

## PIZZA

Sloppy Joe Pizza: Ground Beef, Red Onion, Mixed Peppers, Green Onions	2.50
Cheese	2.00
Vegetarian	2.50
Pepperoni	2.25

## QUICK PICKS

Grilled Salmon    , Blueberry Pineapple Salsa	7.00
Chef's Picks	2.00/3.00
French Fries	1.60

## CULINARY THEATER

### MEATBALL GRINDER

Traditional Beef Meatball	7.75
Turkey Meatball	7.75
Mushroom Meatball	7.25

**BASE:** Hoagie Sub Roll

**TOPPINGS:** Roasted Fennel, Pickled Jalapeno, Caramelized Onions, Arugula Salad, Sliced Provolone, Shredded Mozzarella

**SAUCE:** Marinara Sauce

**SELF-SERVE:** Red Pepper Flakes, Parmesan Cheese

## SUSHI

Tonkatsu Ramen	11.49
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## DESSERT

Blackberry Cobbler	2.50
Caramel, Dulce de Leche Cheesecake	2.50

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Pepper, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Ciabatta, Sandwich Thin, Udi's Bun

## DELI SPECIAL

Hoisin Glazed Roast Beef, Wasabi Aioli, Provolone, Frizzled Onions, Crispy Baguette

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER	4.75
TURKEY BURGER	4.75
HOMEMADE VEGGIE BURGER	4.20
STEAK & CHEESE	5.25
Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms	
GRILLED CHICKEN BREAST	4.75
GRILLED CHEESE	2.65
FRENCH FRIES	1.60

## GRILL SPECIALS

Spicy Salmon Burger, Brioche Bun, Red Cabbage Coleslaw

Maple Mashed Sweet Potatoes 1.50

## PICANTE

Mojo Roasted Pork Shoulder	6.50
Jalapeno Cilantro Chicken Thigh	6.50
Grilled Orange Chipotle Cauliflower Steak	5.50

**CHOOSE:** Burrito, Soft Tacos or Bowl

**BASE:** Shredded Lettuce, Cilantro Rice, Black Beans

**TOPPINGS:** Pico de Gallo, Guacamole, Cheddar, Queso Fresco, Crema, Pickled Jalapenos, Pickled Onions, Corn Salsa, Salsa Roja, Salsa Verde



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 1ST & Eats

# MENU

THURSDAY, JUNE 12

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Turkey, Bulgur Wheat Chili, Worcestershire

Cuban Black Bean Soup

Harira: Moroccan Lamb Soup

## ENTREE

Chicken Souvlaki, Tzatziki Sauce 6.50

Maple Mustard Glazed Arctic Char 7.50

Jerk Marinated Seitan and Peppers Skewer 5.50

Garlic, Eggplant, Herb Orzo 1.50

Creamy Parmesan Polenta, Chives 1.50

Green Beans, Lemon, Garlic 1.50

## PIZZA

Chipotle Lamb Shoulder, Queso Fresco, Avocado, Black Bean, Jalapeño, Salsa Roja 3.50

Cheese 2.00

Vegetarian 2.50

Pepperoni 2.25

## QUICK PICKS

Grilled Salmon , Blueberry Pineapple Salsa 7.00

Chef's Picks 2.00/3.00

French Fries 1.60

## CULINARY THEATER

### BRUNSWICK STEW RICE BOWL

Chicken Thigh 7.75

Roasted Beef 7.75

Vegan Sausage 7.25

**BASE:** White Rice, Brown Rice

**SAUCE:** Brunswick Tomato Base

**TOPPINGS:** Steamed Corn, Lima Beans, Diced Roasted Red Peppers, Chives, Roasted Red Potatoes, Shredded Cheddar Cheese

**BREAD:** Parker House Roll

## SUSHI

Spicy Seafood Bowl 11.99

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Pepper, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Ciabatta, Sandwich Thin, Udi's Bun

## DELI SPECIAL

BBQ Chicken, Vegetable Apple Slaw, Wheat Wrap 6.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

## GRILL SPECIALS

**Salisbury Steak, Shallot Wine Demi** 6.50

Garlic Roasted Potatoes 1.50

## PICANTE

Mojo Roasted Pork Shoulder 6.50

Jalapeno Cilantro Chicken Thigh 6.50

Grilled Orange Chipotle Cauliflower Steak 5.50

**CHOOSE:** Burrito, Soft Tacos or Bowl

**BASE:** Shredded Lettuce, Cilantro Rice, Black Beans

**TOPPINGS:** Pico de Gallo, Guacamole, Cheddar, Queso Fresco, Crema, Pickled Jalapenos, Pickled Onions, Corn Salsa, Salsa Roja, Salsa Verde



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 1ST & Eats

# MENU

FRIDAY, JUNE 13

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken, Basil, Cannellini Bean Soup

Slow-Cooker Trio Beans Vegan Cassoulet

Hot and Sour Soup with Pork

## ENTREE

**Whole Grain Mustard, Tarragon Chicken Breast** 6.50

**Grilled Flank Steak, Corn Salsa** 6.50

**Eggplant Rollatini** 5.50

Sautéed Swiss Chard, Garlic, Red Peppers

Honey Rosemary Sweet Potato Wedges 1.50

Sautéed Green Beans 1.50

## PIZZA

**Canadian Bacon, Caramelized Onions, Broccoli, Bleu Cheese** 2.50

Cheese 2.00

Vegetarian 2.50

Pepperoni 2.25

## QUICK PICKS

**Grilled Salmon** , Blueberry 7.00

**Pineapple Salsa**

Chef's Picks 2.00/3.00

French Fries 1.60

## CULINARY THEATER

### CHINESE SUEY BOWL

Gingered Chop Chicken Thigh 7.75

Roasted Teriyaki Tofu 7.25

**BASE:** Jasmine Rice

**BROTH:** Soy Vegetable Broth ,  
Soy Chicken Broth

**TOPPINGS:** Carrots, Mixed Bell Peppers,  
Mushrooms, Spanish Onion, Steamed Corn,  
Scallions, Bean Sprouts

**SELF-SERVE:** Red Chili Flakes, Sriracha

## SUSHI

Tiger Roll 11.49

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Pepper, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Ciabatta, Sandwich Thin, Udi's Bun

## DELI SPECIAL

Beef Pastrami and Swiss Cheese with 6.50  
Sautéed Onions and Peppers on Country Bread

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

## GRILL SPECIALS

**Soft Shell Crab Sandwich, Potato Roll, Old Bay Remoulade** 14.00

Baked Beans 1.50

## PICANTE

Mojo Roasted Pork Shoulder 6.50

Jalapeno Cilantro Chicken Thigh 6.50

Grilled Orange Chipotle Cauliflower Steak 5.50

**CHOOSE:** Burrito, Soft Tacos or Bowl

**BASE:** Shredded Lettuce, Cilantro Rice, Black Beans

**TOPPINGS:** Pico de Gallo, Guacamole, Cheddar, Queso Fresco, Crema, Pickled Jalapenos, Pickled Onions, Corn Salsa, Salsa Roja, Salsa Verde

**FIT** Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 3rd & Eats MENU

MONDAY, JUNE 9

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken Florentine Soup

Puerto Rican Sancocho Soup: Beef, Kabocha, Yucca and Corn

Lentil, Butternut Squash and Spinach Soup

## ENTREE

**Pan Seared Halibut, Lemon Gastrique** 7.50

**Beef Goulash** 6.50

Brussels Sprouts, Bacon, Onion 1.50

Buttered Egg Noodles, Fresh Herbs 1.50

Roasted Vegetables 1.50

**BYO DELI** 0.506 per oz.

## PROTEINS

Black Forest Ham, Smoked Turkey, Chicken Salad, Tuna Salad, Egg Salad

## CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack

## TOPPINGS

Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Peppers

## SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Horseradish Aioli

## BREAD

White, Wheat, Multigrain, Marble Rye, Udi's Bun (available upon request)

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

**GRILLED SALMON** 7.00  
**HARISSA YOGURT SAUCE**

## GRILL SPECIALS

**Adobo Pork Tenderloin** 6.50

Herb Roasted Potatoes, Onions 1.50

## CULINARY THEATER

### FAJITA BAR

Lemon Cilantro Chicken 7.75

Cilantro Tofu 7.25

**BASE:** Soft Tortilla

**TOPPINGS:** Lettuce, Onion, Bell Peppers, Pico de Gallo, Cilantro, Jalapeno, Guacamole, Sour Cream, Queso Fresco

**SIDE:** Yellow Rice, Black Bean Sofrito

**SELF-SERVE:** Fired Roasted Tomato Salsa, Limes

## INDIAN - HOT GRAB & GO

Malai Chicken 8.00  
Kadhai Vegetable, Basmati Rice

Chana Pindi: Ginger Garlic Chickpeas 5.50  
Kadhai Vegetable, Basmati Rice

Saag Mushroom, 5.50  
Kadhai Vegetable, Basmati Rice



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 3rd & Eats MENU

TUESDAY, JUNE 10

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Barley Root Vegetable Chowder

Chicken, Quinoa, Vegetable Soup

Ham, Navy and Pinto Bean Soup

## ENTREE

**Chicken Parmesan, Mozzarella, Marinara Sauce** 6.50

**Mushroom, Lentil "Meatball", Pomodoro Sauce** 5.50

Balsamic Roasted Eggplant 1.50

Creamy Parmesan Polenta 1.50

Sautéed Kale, Garlic, Red Pepper 1.50

**BYO DELI** 0.506 per oz.

## PROTEINS

Black Forest Ham, Smoked Turkey, Chicken Salad, Tuna Salad, Egg Salad

## CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack

## TOPPINGS

Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Peppers

## SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Horseradish Aioli

## BREAD

White, Wheat, Multigrain, Marble Rye, Udi's Bun (available upon request)

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

**GRILLED SALMON** 7.00  
HARISSA YOGURT SAUCE

## GRILL SPECIALS

**Soy-Ginger Turkey Breast, Scallion Sriracha Aioli** 6.50

Roasted Zucchini, Yellow Squash 1.50

## CULINARY THEATER

### PAD THAI BAR

Sesame-Soy Spiced Beef 7.75

Scallion Tofu 7.25

**BASE:** Wide Rice Noodle

**TOPPINGS:** Jalapenos, Carrots, Red Bell Peppers, Egg, Baby Corn, Mushroom, Scallions, Cilantro

**SAUCE:** Pad Thai Sauce

## INDIAN - HOT GRAB & GO

Tandoori Chicken Tikka, 8.00  
Achari Baingan: Pickled Eggplant, Basmati Rice

Paneer Mutter Malai, 5.50  
Achari Baingan: Pickled Eggplant, Basmati Rice

Moong Dal Tadka, 5.50  
Achari Baingan: Pickled Eggplant, Basmati Rice



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 3rd & Eats MENU

## WEDNESDAY, JUNE 11

SCAN HERE TO ORDER AHEAD



### SOUP

3.05/3.85

Split Pea and Ham Soup

Hearty Red Bean Chili Soup

Chicken Tortilla

### ENTREE

Hunan Beef, Peppers, Broccoli, Baby Corn	6.50
Tofu Tempura, Sweet Garlic Sauce	5.50
Gingered Carrots	1.50
Vegetable Yakisoba Noodles	1.50
Scallion, Cabbage, Celery, Snow Pea Stir Fry	1.50

### BYO DELI

0.506 per oz.

#### PROTEINS

Black Forest Ham, Smoked Turkey, Chicken Salad, Tuna Salad, Egg Salad

#### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack

#### TOPPINGS

Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Peppers

#### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Horseradish Aioli

#### BREAD

White, Wheat, Multigrain, Marble Rye, Udi's Bun (available upon request)

### DESSERT

Blackberry Cobbler	2.50
Caramel, Dulce de Leche Cheesecake	2.50

### GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER	4.75
TURKEY BURGER	4.75
HOMEMADE VEGGIE BURGER	4.20
STEAK & CHEESE	5.25
Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms	
GRILLED CHICKEN BREAST	4.75
GRILLED CHEESE	2.65
FRENCH FRIES	1.60
GRILLED SALMON	7.00
HARISSA YOGURT SAUCE	

### GRILL SPECIALS

Mojo Chicken, Cilantro Jalapeno Sauce	6.50
Miso Tahini Roasted Baby Bok Choy	1.50

### CULINARY THEATER

#### GRITS AND SHRIMP

Cajun Shrimp	8.50
Mushroom "Meatball"	7.25

**BASE:** Stone Ground Grits

**TOPPINGS:** Squash, Tomatoes, Onions, Mushrooms, Peas, Ham, Parmesan

**SAUCE:** Trinity Gravy

**SELF-SERVE:** Cheddar Chive Biscuit, Red Chili Flakes

### INDIAN - HOT GRAB & GO

Lamb Saag	9.00
Aloo Shimla Mirch: Potato, Green Pepper, Basmati Rice	
Paneer Jalfrezi,	5.50
Aloo Shimla Mirch: Potato, Green Pepper, Basmati Rice	
Dal Tadka,	5.50
Aloo Shimla Mirch: Potato, Green Pepper, Basmati Rice	



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 3rd & Eats MENU

THURSDAY, JUNE 12

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Turkey, Bulgur Wheat Chili, Worcestershire

Cuban Black Bean Soup

Harira: Moroccan Lamb Soup

## ENTREE

**Honey Glazed Pork Chop, Mango Salsa** 6.50

**Vegetable Gumbo** 5.50

Steamed Asparagus 1.50

Mashed Sweet Potato 1.50

Sauteed Mushrooms, Onions 1.50

**BYO DELI** 0.506 per oz.

## PROTEINS

Black Forest Ham, Smoked Turkey, Chicken Salad, Tuna Salad, Egg Salad

## CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack

## TOPPINGS

Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Peppers

## SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Horseradish Aioli

## BREAD

White, Wheat, Multigrain, Marble Rye, Udi's Bun (available upon request)

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

**GRILLED SALMON** 7.00  
**HARISSA YOGURT SAUCE**

## GRILL SPECIALS

**Memphis Spiced Flank Steak, White BBQ Sauce** 6.50

Sauteed Broccoli, Cauliflower, Sugar Snap Peas 1.50

## CULINARY THEATER

### YAKISOBA NOODLE BAR

Chicken Char Siu 7.75

Soy Pan Seared Tofu 7.25

**BASE:** Yakisoba Noodles

**TOPPINGS:** Daikon Radish, Carrots, Napa Cabbage, Red Peppers, Broccoli Florets, Mushrooms, Fresh Jalapenos, Cilantro

**SELF-SERVE:** Limes, Red Chili Flakes

## INDIAN - HOT GRAB & GO

Shrimp Coconut Curry, 9.00

Achari Gobi: Pickled Flavored Cauliflower, Basmati Rice

Palak Paneer, 5.50

Achari Gobi: Pickled Flavored Cauliflower, Basmati Rice

Garlic Dal Tadka, 5.50

Achari Gobi: Pickled Flavored Cauliflower, Basmati Rice



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 3rd & Eats MENU

FRIDAY, JUNE 13

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken, Basil, Cannellini Bean Soup

Slow-Cooker Trio Beans Vegan Cassoulet

Hot and Sour Soup with Pork

## ENTREE

Chicken Enchiladas, Queso Fresco	6.50
Vegetarian Mexican Lasagna	5.50
Sautéed Jicama & Carrots	1.50
Arroz Verde: Green Rice	1.50
Fried Yucca	1.50

## BYO DELI

0.506 per oz.

### PROTEINS

Black Forest Ham, Smoked Turkey, Chicken Salad, Tuna Salad, Egg Salad

### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack

### TOPPINGS

Green Leaf Lettuce, Grilled Vegetables, Tomatoes, Pickled Jalapenos, Red Onions, Roasted Peppers, Pickle Spears, Banana Peppers

### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Horseradish Aioli

### BREAD

White, Wheat, Multigrain, Marble Rye, Udi's Bun (available upon request)

## DESSERT

Blackberry Cobbler		2.50
Caramel, Dulce de Leche Cheesecake		2.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER	4.75
TURKEY BURGER	4.75
HOMEMADE VEGGIE BURGER	4.20
STEAK & CHEESE	5.25
Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms	
GRILLED CHICKEN BREAST	4.75
GRILLED CHEESE	2.65
FRENCH FRIES	1.60
GRILLED SALMON	7.00
HARISSA YOGURT SAUCE	

## GRILL SPECIALS

Roasted Garlic Leg of Lamb, Harissa Aioli	7.50
Steamed Beets	1.50

## CULINARY THEATER

### NACHO BAR

Blackened Spiced Steak	7.75
Adobo Pinto Beans	7.25
BASE: Tri-Color Tortilla Chips	

**TOPPINGS:** Jalapenos, Pico de Gallo, Roasted Corn, Cheddar, Guacamole, Cilantro, Sour Cream

**SAUCE:** Nacho Cheese Sauce

**SELF-SERVE:** Fire Roasted Tomato Salsa, Limes

## INDIAN - HOT GRAB & GO

Konkani Chicken Curry, Mutter Aloo Gajar Masala, Basmati Rice	8.00
Paneer Lazzatdar, Mutter Aloo Gajar Masala, Basmati Rice	5.50
Masoor Dal, Mutter Aloo Gajar Masala, Basmati Rice	5.50



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 4th & Eats MENU

MONDAY, JUNE 9

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken, Caramelized Onion Soup

Creamy, Spicy Tomato Soup

Chicken, Basil, Cannellini Bean Soup

## EVERYDAY EATS

0.506 per oz.

### HOT BUFFET

Sweet Soy Sauce Glazed, Roasted Pork Loin, Dragon Fruit Salsa

Ruby Red Trout Piccata, Lemon-Caper Butter Sauce

Zucchini, Yellow Squash, Roasted Garlic Ricotta Lasagna

Crispy Tofu, Baby Bok Choy, Mixed Bell Peppers, Garlic-Sesame Sauce

Beef Chow Mein

### GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

### GRILL SPECIALS

**Italian Chicken Spiedie, Broccoli Rabe, Grilled Onions, Garlic Aioli Hoagie** 6.50

Broiled Cherry Tomatoes, Fresh Herbs 1.50

### QUICK PICKS

**Grilled Salmon** , Coconut Turmeric Sauce 7.00

Chef's Picks 2.00/3.00

Onion Rings 2.10

French Fries/Tater Tots 1.60

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Udi's Bun , Ciabatta, Sandwich Thin

### DELI SPECIAL

Balsamic Eggplant, No Nut Pesto, Arugula, Whole Wheat Sandwich 6.50

### BOWL'D

#### HIBACHI BOWL

Teriyaki Chicken Thigh 7.75

Blackened Shrimp 8.50

Teriyaki Tofu 7.25

**BASE:** Fried Rice, Brown Rice

**TOPPINGS:** Fried Bok Choy, Baby Corn, Sweet Glazed Shiitake Mushrooms, Julienne Mixed Peppers, Zucchini, Sesame Roasted Broccoli

**SAUCE:** Yum Yum Sauce

**SELF-SERVE:** Toasted Sesame Seeds, Soy Sauce

### INDIAN

**Malai Chicken** 6.50

**Chana Pindi: Ginger Garlic Chickpeas** 5.50

Saag Mushroom 1.50

Kadhai Vegetable 1.50

Aromatic Basmati Rice 1.50

Garlic-Herb Naan 1.50

### DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 4th & Eats MENU

TUESDAY, JUNE 10

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken, Corn Chowder

Carrot, Cumin Soup

Creamy Parmesan Italian Sausage, Ditalini Soup

## EVERYDAY EATS

0.506 per oz.

### HOT BUFFET

Cajun Blackened Catfish, Creole Mustard Sauce

Spiced Braised Lamb

Vegetarian Enchiladas, Tomatillo Salsa

Hunan Beef

Sesame Crispy Tofu, Broccoli

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

## GRILL SPECIALS

**Chicken Souvlaki** 6.50

Asparagus, Balsamic Tomatoes, Goat Cheese

## QUICK PICKS

**Grilled Salmon** , Coconut Turmeric Sauce 7.00

Chef's Picks 2.00/3.00

Onion Rings 2.10

French Fries/Tater Tots 1.60

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Udi's Bun , Ciabatta, Sandwich Thin

## DELI SPECIAL

Smoked Turkey, Grilled Vegetables, Hummus, Wheat Wrap 6.50

## BOWL'D

### TACO BOWL

Beef Chili 7.75

Chicken Tinga 7.75

Eggplant Al Pastor 7.25

**BASE:** Cilantro-Lime Rice, Spicy Pinto Beans, Flour Tortilla

**TOPPINGS:** Pickled Red Onion, Roasted Corn, Avocado, Pico de Gallo, Cotija Cheese, Sour Cream, Chopped Iceberg

**SAUCES:** Avocado Crema, Chipotle Aioli

**SELF-SERVE:** Cilantro, Lime Wedge, Jalapeno

## INDIAN

**Tandoori Chicken Tikka** 6.50

**Paneer Mutter Malai** 5.50

Moong Dal Tadka: Tempered Lentils 1.50

Achari Baingan: Pickled Eggplant 1.50

Aromatic Basmati Rice 1.50

Garlic-Herb Naan 1.50

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 4th & Eats MENU

WEDNESDAY, JUNE 11

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Steak, Potato, Mushroom Soup

Creamy Tomato, Zucchini, Basil Soup

Chicken Tortilla Soup

## EVERYDAY EATS

0.50¢ per oz.

### HOT BUFFET

Chicken Tetrazzini

Garlic, Herb Pork Tenderloin

Baked Butternut Squash, Parmesan, Marinara, Mozzarella

Szechuan Spicy Three Pepper Chicken

Cantonese Shrimp, Eggs

### GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

### GRILL SPECIALS

**Italian Mushroom Beef Blended Burger, Whole Wheat Bun** 6.50

Gingered Carrots 1.50

### QUICK PICKS

**Grilled Salmon** , Coconut Turmeric Sauce 7.00

Chef's Picks 2.00/3.00

Onion Rings 2.10

French Fries/Tater Tots 1.60

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Udi's Bun , Ciabatta, Sandwich Thin

### DELI SPECIAL

Grilled Hoisin Flank Steak, Spicy Pickled Cucumbers, Fish Sauce, Wheat Wrap 6.50

### BOWL'D

#### PAD THAI BOWL

Sesame Garlic Shrimp 7.75

Soy Crispy Chicken 7.75

Bang Bang Seitan 7.25

**BASE:** Rice Noodles

**TOPPINGS:** Jalapeno, Carrots, Red Peppers, Egg, Baby Corn, Shiitake Mushroom, Scallions, Cilantro

**BROTH:** Pad Thai Broth

**SELF-SERVE:** Hoisin, Limes, Sambal, Crispy Wontons

### INDIAN

**Lamb Saag** 7.50

**Paneer Jalfrezi** 5.50

Dal Tadka 1.50

Aloo Shimla Mirch: Potato, Green Pepper 1.50

Aromatic Basmati Rice 1.50

Garlic-Herb Naan 1.50

### DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 4th & Eats MENU

THURSDAY, JUNE 12

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Chicken Noodle Soup

Mинestrone

Creamy Potato, Jalapeno, Cheddar Soup

## EVERYDAY EATS

0.506 per oz.

### HOT BUFFET

Shrimp Tuscan

Chicken Saltimbocca

Yadira Garcia's Pinon Pastelon Lasagna: Plantain Lasagna

Beef Chow Mein

Crispy Tofu, Baby Bok Choy, Mixed Bell Peppers, Garlic-Sesame Sauce

### GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

### GRILL SPECIALS

**Teriyaki Brown Rice Edamame Burger** 6.50  
**Whole Wheat Bun**

Grilled Broccoli Spears 1.50

### QUICK PICKS

**Grilled Salmon** , Coconut Turmeric Sauce 7.00

Chef's Picks 2.00/3.00

Onion Rings 2.10

French Fries/Tater Tots 1.60

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Udi's Bun , Ciabatta, Sandwich Thin

### DELI SPECIAL

Summer Tomato BLT, Onion Brioche 6.50

### BOWL'D

#### JAMBALAYA

Trinity Shrimp 8.50

Grilled Cajun Chicken 7.75

Grilled Spicy Tofu 7.25

**BASE:** Creole Rice

**TOPPINGS:** Tasso Ham, Andouille Sausage, Crispy Okra, Spicy Corn, Celery, Mixed Bell Peppers

**SAUCE:** Louisiana Tomato Ragu

**SELF-SERVE:** Chili Flakes, Jalapeno

### INDIAN

**Shrimp Coconut Curry** 7.50

**Palak Paneer** 5.50

Garlic Dal Tadka 1.50

Achari Gobi: Pickled Flavored Cauliflower 1.50

Aromatic Basmati Rice 1.50

Garlic-Herb Naan 1.50

### DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# 4th & Eats MENU

FRIDAY, JUNE 13

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Ham, Navy and Pinto Bean Soup

Vegetable Soup

Seafood Chowder

## EVERYDAY EATS

0.50¢ per oz.

### HOT BUFFET

Big Mac Casserole

Alaskan Cod "Escabeche"

Braised Chickpeas, Parsnips, Apricots

Pork, Chinese Green Beans Stir-Fry

General Tso's Cauliflower

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

## GRILL SPECIALS

**Soft Shell Crab Sandwich, Potato Roll, Old Bay Remoulade** 14.00

Roasted Zucchini, Yellow Squash 1.50

## QUICK PICKS

**Grilled Salmon** , Coconut Turmeric Sauce 7.00

Chef's Picks 2.00/3.00

Onion Rings 2.10

French Fries/Tater Tots 1.60

## DELI - BYO SANDWICH

**PROTEINS:** Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables

**CHEESE:** American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

**TOPPINGS:** Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers, Bacon, Avocado

**SPREADS:** Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

**BREAD:** White, Wheat, Multigrain, Wrap, Udi's Bun , Ciabatta, Sandwich Thin

## DELI SPECIAL

Southwest Tuna Salad, Avocado, Whole Wheat Wrap 6.50

## BOWL'D

### MEDITERRANEAN BOWL

Grilled Steak 7.75

Grilled Chicken, Tzatziki, Dill 7.75

Roasted Mushrooms 7.25

**BASE:** Lettuce

**TOPPINGS:** Avocado, Asparagus, Cucumber, Pickled Onions, Feta, Hummus, Lettuce

**SAUCE:** Ginger Tzatziki

**SELF-SERVE:** Cilantro, Lime Wedge

## INDIAN

Konkani Chicken Curry 6.50

Paneer Lazzatdar 5.50

Masoor Dal 1.50

Mutter Aloo Gajar Masala: Potato, Green Peas and Carrot 1.50

Aromatic Basmati Rice 1.50

Garlic-Herb Naan 1.50

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# WB & Eats

# MENU

MONDAY, JUNE 9

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Creamy, Spicy Tomato Soup

Chicken, Basil, Cannellini Bean Soup

## ENTREE

**Chicken Cordon Bleu: Chicken Breast Stuffed with Ham, Mustard Sauce** 6.50

**Flank Steak, Cauliflower Polonaise** 6.50

**Zucchini, Yellow Squash, Roasted Garlic Ricotta Lasagna** 5.50

VEGETARIAN

Sweet Peas with Roasted Mushrooms 1.50

Roasted Fingerling Potatoes, Butternut Squash, Fennel & Onions 1.50

## DELI - BYO SANDWICH

### PROTEINS

Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables, Bacon

### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

### TOPPINGS

Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers

### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

### BREAD

Ciabatta, White Bread, Wheat Bread, Multigrain, Wrap, Sandwich Thin, Udi's Bun

## DELI SPECIALS

Egg Salad Sandwich Thin, Tomato and Avocado 6.50

Mexican "Torta" Sub: Shredded Beef, Mexican Cheese, Avocado, Pico De Gallo and Refried Beans, Bollito Roll 6.50



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

## CRAFTED SALAD

Check out our new Self-Serve Salad Bar!

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

**GRILLED SALMON** 7.00  
**KEYS BARBECUE SAUCE**

## GRILL SPECIAL

Steamed Zucchini, Italian Herbs, Garlic 1.50

## INDIAN - HOT GRAB & GO

Available At WB Java Me Market Only

Malai Chicken 8.00  
Kadhai Vegetable, Basmati Rice

Chana Pindi: Ginger Garlic Chickpeas   
Kadhai Vegetable, Basmati Rice

Saag Mushroom,   
Kadhai Vegetable, Basmati Rice 5.50

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50

# WB & Eats

# MENU

TUESDAY, JUNE 10

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Carrot, Cumin Soup

Creamy Parmesan Italian Sausage, Ditalini Soup

## ENTREE

Pan Seared Trout, Mango Sweet Chili Sauce 7.50

Carved Mojo Eye Round of Beef, Salsa Verde 6.50

Vegetarian Enchiladas, Tomatillo Salsa 5.50

### VEGETARIAN

Vegan Dirty Rice 1.50

Sautéed Broccoli, Cauliflower, Sugar Snap Peas 1.50

## DELI - BYO SANDWICH

### PROTEINS

Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables, Bacon

### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

### TOPPINGS

Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers

### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

### BREAD

Ciabatta, White Bread, Wheat Bread, Multigrain, Wrap, Sandwich Thin, Udi's Bun

## DELI SPECIALS

Chicken Breast, Spinach, Tomato, Balsamic, Whole Wheat Bread 6.50

Panko and Turkey Meatballs, Provolone and Marinara Melt, Hoagie Roll 6.50

## CRAFTED SALAD

Mexicali Shrimp Salad 8.25

Grilled Chicken Soba Noodle Salad 7.50

Flank Steak Greek Salad 7.50

Quinoa Harvest Grain Salad 7.00

## CRAFTED SALAD SPECIAL

Grilled Salmon, Berry, Avocado Salad, Blueberry Honey Lime Vinaigrette 8.25

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER 4.75

TURKEY BURGER 4.75

HOMEMADE VEGGIE BURGER 4.20

STEAK & CHEESE 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

GRILLED CHICKEN BREAST 4.75

GRILLED CHEESE 2.65

FRENCH FRIES 1.60

GRILLED SALMON 7.00  
KEYS BARBECUE SAUCE

## GRILL SPECIAL

Garden Vegetable Quinoa Bake 1.50

## INDIAN - HOT GRAB & GO

Available At WB Java Me Market Only

Tandoori Chicken Tikka, Achari Baingan: Pickled Eggplant, Basmati Rice 8.00

Paneer Mutter Malai, Achari Baingan: Pickled Eggplant, Basmati Rice 5.50

Moong Dal Tadka, Achari Baingan: Pickled Eggplant, Basmati Rice 5.50

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# WB & Eats

# MENU

WEDNESDAY, JUNE 11

SCAN HERE TO ORDER AHEAD



## SOUP 3.05/3.85

Creamy Tomato, Zucchini, Basil Soup

Chicken Tortilla Soup

## ENTREE

**Adobo Marinara and Meatballs** 6.50

**Braised Mole Chicken Lettuce Wraps with Jicama Slaw** 6.50

**Baked Butternut Squash, Parmesan, Marinara, Mozzarella** 5.50

VEGETARIAN

Herbed Spaghetti 1.50

Grilled Carrots, Herbed Beets 1.50

## DELI - BYO SANDWICH

### PROTEINS

Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables, Bacon

### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

### TOPPINGS

Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers

### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

### BREAD

Ciabatta, White Bread, Wheat Bread, Multigrain, Wrap, Sandwich Thin, Udi's Bun

## DELI SPECIALS

Mashed Chickpea Salad Sandwich, 6.50  
Sandwich Thin

Crispy Ranch Chicken, Avocado, Tomato, Wheat Wrap 6.50

## CRAFTED SALAD

Mexicali Shrimp Salad 8.25

Grilled Chicken Soba Noodle Salad 7.50

Flank Steak Greek Salad 7.50

Quinoa Harvest Grain Salad 7.00

## CRAFTED SALAD SPECIAL

Taco Salad: Crispy Flour Tortilla Shell, Adobo Flank Steak, Romaine Lettuce, Pico de Gallo, Pickled Jalapenos, Corn, Black Beans, Avocado, Sour Cream, Chipotle Ranch Dressing 7.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll, Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

**GRILLED SALMON** 7.00

**KEYS BARBECUE SAUCE**

## GRILL SPECIAL

Broccoli Polonaise 1.50

## INDIAN - HOT GRAB & GO

Available At WB Java Me Market Only

Lamb Saag 9.00

Aloo Shimla Mirch: Potato, Pepper, Basmati Rice

Paneer Jalfrezi, 5.50

Aloo Shimla Mirch: Potato, Pepper, Basmati Rice

Dal Tadka, 5.50

Aloo Shimla Mirch: Potato, Pepper, Basmati Rice

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier  
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk

# WB & Eats

# MENU

THURSDAY, JUNE 12

SCAN HERE TO ORDER AHEAD



## SOUP 3.05/3.85

Chicken Noodle Soup

Creamy Potato, Jalapeno, Cheddar Soup

## ENTREE

Saag Murgh: Saag Chicken 6.50

Shinwari Beef Karahi: Beef Curry with Chili and Ginger 6.50

**Yadira Garcia's Pinon Pastelon Lasagna: Plantain Lasagna** 5.50

**VEGETARIAN**

Basmati Rice 1.50

Aloo Gobi Mutter: Potatoes, Cauliflower, Peas, Tomato, Onion 1.50

Garlic Butter Naan 1.50

## DELI - BYO SANDWICH

### PROTEINS

Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables, Bacon

### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

### TOPPINGS

Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers

### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

### BREAD

Ciabatta, White Bread, Wheat Bread, Multigrain, Wrap, Sandwich Thin, Udi's Bun

## DELI SPECIALS

Smoked Turkey, Brie, Baguette 6.50

Hard Boiled Egg, Arugula, Asiago, Dijon, Demi Baguette 6.50

## CRAFTED SALAD

Mexicali Shrimp Salad 8.25

Grilled Chicken Soba Noodle Salad 7.50

Flank Steak Greek Salad 7.50

Quinoa Harvest Grain Salad 7.00

## CRAFTED SALAD SPECIAL

The Freddie Salad: Grilled Chicken, Avocado, Tomato, Blue Cheese, Scallions, Corn, Tortilla Strips, Honey-Lemon Vinaigrette 7.50

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

**THE BURGER** 4.75

**TURKEY BURGER** 4.75

**HOMEMADE VEGGIE BURGER** 4.20

**STEAK & CHEESE** 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

**GRILLED CHICKEN BREAST** 4.75

**GRILLED CHEESE** 2.65

**FRENCH FRIES** 1.60

**GRILLED SALMON** 7.00

**KEYS BARBECUE SAUCE**

## GRILL SPECIAL

Roasted Carrots, Parsnips 1.50

## INDIAN - HOT GRAB & GO

Available At WB Java Me Market Only

Shrimp Coconut Curry, 9.00

Achari Gobi: Pickled Flavored Cauliflower, Basmati Rice

Palak Paneer, 5.50

Achari Gobi: Pickled Flavored Cauliflower, Basmati Rice

Garlic Dal Tadka, 5.50

Achari Gobi: Pickled Flavored Cauliflower, Basmati Rice

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



Healthier  
Menu Items



Vegan



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# WB & Eats

# MENU

FRIDAY, JUNE 13

SCAN HERE TO ORDER AHEAD



## SOUP

3.05/3.85

Vegetable Soup

Seafood Chowder

## ENTREE

Pork Carnitas Tacos 6.50

Grilled Chili Lime Chicken Tacos 6.50

Braised Chickpeas, Parsnips, Apricots 5.50

VEGETARIAN

Cilantro Lime Brown Rice 1.50

Spiced Diced Zucchini with Feta 1.50

## DELI - BYO SANDWICH

### PROTEINS

Black Forest Ham, In-House Roasted Turkey, Smoked Turkey, Roast Beef, Crispy Buffalo Chicken, Chicken Salad, Tuna Salad, Egg Salad, Grilled Vegetables, Bacon

### CHEESE

American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella

### TOPPINGS

Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Grilled Vegetables, Roasted Peppers, Pickle Spears, Banana Peppers

### SPREADS

Mayo, Nut-Free Pesto, Chipotle Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus

### BREAD

Ciabatta, White Bread, Wheat Bread, Multigrain, Wrap, Sandwich Thin, Udi's Bun

## DELI SPECIALS

Grilled Portobello, Mozzarella, Marinated Red Onion, Pesto, Whole Wheat 6.50

Chopped Crispy Buffalo Chicken Blue Cheese, White Wrap 6.50

## CRAFTED SALAD

Check out our new Self-Serve Salad Bar!

## GRILL

All sandwiches served with toasted bun, green leaf lettuce, tomato, onion. \*extra charge for additional toppings

THE BURGER 4.75

TURKEY BURGER 4.75

HOMEMADE VEGGIE BURGER 4.20

STEAK & CHEESE 5.25

Top Round Steak, American Cheese, Hoagie Roll; Onions, Mushrooms

GRILLED CHICKEN BREAST 4.75

GRILLED CHEESE 2.65

FRENCH FRIES 1.60

GRILLED SALMON KEYS BARBECUE SAUCE 7.00

## GRILL SPECIAL

Glazed Acorn Squash Wedges 1.50

## INDIAN - HOT GRAB & GO

Available At WB Java Me Market Only

Konkani Chicken Curry, Mutter Aloo Gajar Masala, Basmati Rice 8.00

Paneer Lazzatdar, Mutter Aloo Gajar Masala, Basmati Rice 5.50

Masoor Dal, Mutter Aloo Gajar Masala, Basmati Rice 5.50

## DESSERT

Blackberry Cobbler 2.50

Caramel, Dulce de Leche Cheesecake 2.50



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# javame M A R K E T M E N U

SCAN HERE TO  
ORDER AHEAD



## BREAKFAST

Egg White, Reduced Fat Swiss, Wheat English Muffin		<b>3.50</b>
Scrambled Egg, Maple Glazed Ham, Tater Tots, Garlic Aioli Breakfast Burrito		<b>3.50</b>

## SNACKS & MORE

Fresh Fruit Cup		<b>3.00</b>
Orange Juice		<b>2.00</b>
Vanilla Berry Soy Smoothie		<b>4.00</b>
Blackberry, Granola, Strawberry Yogurt Parfait		<b>2.75</b>
Quinoa Sugar Strawberry Thumbprint Cookie		<b>1.50</b>

## SANDWICHES

Classic Turkey Club	<b>4.75</b>
Peanut Butter, Strawberry Jelly, Whole Wheat	 <b>4.25</b>
Grilled Buffalo Chicken, Blue Cheese Crumbles and Dressing, Onions, Wrap	<b>4.75</b>

*Want it warmed up? Just ask a barista!*

## GREENS

Shrimp Caesar Salad, Caesar Dressing, Anchovies	<b>6.00</b>
Spinach, Strawberry, Feta Salad, Sunflower Seeds, Strawberry Poppyseed Vinaigrette	 <b>5.25</b>

## ENTREE

Puerto Rican Rotisserie Chicken, Coconut Rice, Fried Plantains	 <b>7.25</b>
Baked Eggplant Parmesan, Garlic Herb Zucchini, Whole Wheat Penne Marinara	 <b>5.00</b>

## BAKED GOODS

Check out the pastry case for an assortment of breakfast items, pastries, bagels, cookies & brownies available daily

## HOT CEREAL

Only at HQ2 JMM	<b>1.85</b>
7:30-10 a.m.	

## HOT SOUP

Only at HQ2 JMM	<b>3.05/3.85</b>
11:30 a.m.-2 p.m.	

## MONDAY

Chicken Florentine Soup	
Puerto Rican Sancocho Soup: Beef, Kabocha, Yucca, Corn	
Lentil, Butternut Squash, Spinach Soup	

## TUESDAY

Barley, Root Vegetable Chowder	
Chicken, Quinoa, Vegetable Soup	
Ham, Navy and Pinto Bean Soup	

## WEDNESDAY

Split Pea and Ham Soup	
Hearty Red Bean Chili Soup	
Chicken Tortilla Soup	

## THURSDAY

Turkey, Bulgur Wheat Chili, Worcestershire	
Cuban Black Bean Soup	
Harira: Moroccan Lamb Soup	

## FRIDAY

Chicken, Basil, Cannellini Bean Soup	
Slow Cooker Trio Beans Vegan Cassoulet	
Hot and Sour Soup with Pork	



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