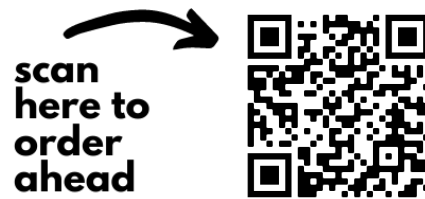


1ST & EATS



Specials

SOUP 12 / 16 oz
Pasta e Fagioli **VEGAN** 2.75/3.50

ENTREE

- CAULIFLOWER BLENDED TURKEY MEATBALLS 6.00
- BEEF BRACOILE, MARINARA, FRESH HERBS 6.00
- CHEESE MANICOTTI, PESTO CREAM VEG 5.00
- Toasted Orzo, Herbed Butter **VEG** 1.25
- Roasted Corn, Red Peppers **VEGAN** 1.25
- Braised Swiss Chard **VEGAN** 1.25

CULINARY THEATER

BAO BUN BAR 7.50/7.00
Gochujang Chicken or Asian BBQ Tofu, Cabbage Slaw, Jasmine Rice

PIZZA

Broccoli Cheddar Pizza **VEG** 2.50

GRILL

Honey Mustard Fried Chicken Sandwich 6.50

SANDWICH

Italian Soppressata, Provolone, Red Peppers, Baguette, Lemon Aioli 6.25

SUSHI

Chicken Teriyaki or Vegetable Dumpling Rice Bowl 8.49

M – F
Breakfast
7:30 am – 10:30 am
Lunch
11:30 am – 2:30 pm

BUILD YOUR OWN SANDWICH

craft your sandwich the way you want it. choose your protein, bread, cheese, and spreads

PROTEINS

Black Forest Ham
In House Roast Turkey
Smoked Turkey
Roast Beef
Bacon
Crispy Buffalo Chicken

CHEESES

American
Lorraine Swiss
Provolone
Cheddar
Pepper Jack
Fresh Mozzarella

BREADS

Ciabatta
Wraps
White Bread
Wheat Bread
Multi Grain
Udi's Bun
Sandwich Thins

SPREADS

Mayo, Pesto, Chipotle
Guldens® Mustard
Honey Mustard, Ranch
Buffalo Sauce
Caesar Dressing
Horseradish Aioli
Hummus

TOPPINGS

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

GRILL

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

THE BURGER 4.00
all natural beef

TURKEY BURGER 3.50
all white meat turkey

HOMEMADE VEGETABLE BURGER VEG 3.50
bulgur, vegetables, parsley, parmesan

GRILLED SALMON, CAJUN REMOULADE 6.50

STEAK & CHEESE 4.50
top round steak, american cheese, hoagie roll, your choice of onions, mushrooms

GRILLED CHICKEN BREAST 4.00
herb marinated

FRENCH FRIES 1.25

ROASTED CARROTS, ROSEMARY, GARLIC 1.25

MAY 16 – MAY 20

THIS WEEK

3rd and EATS

scan here to order ahead



Specials

SOUP

Pasta e Fagioli **VEGAN** 🌱

12 / 16 oz

2.75/3.50

ENTREE

JAMAICAN JERK SPICED PORK SHOULDER, PINEAPPLE SALSA 7.00

BAKED RICE AND BEANS, SWEET POTATO, PEPPER JACK 6.00

Cilantro White Rice **VEGAN** 🌱 1.25

Sautéed Kale, Garlic **VEGAN** 🌱 1.25

Roasted Corn **VEGAN** 🌱 1.25

CULINARY THEATER

OMELET BAR 7.50/7.00

Grilled Herb Chicken or Beyond Sausage Assorted Vegetable, Feta, Bacon

ROTISSERIE

Chili al Pastor Rotisserie Chicken 6.50

GRILL

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

THE BURGER 4.00
all natural beef

TURKEY BURGER 3.50
all white meat turkey

HOMEMADE VEGETABLE BURGER VEG 3.50
bulgur, vegetables, parsley, parmesan

GRILLED SALMON, PICO DE GALLO 🌱 6.50

STEAK & CHEESE 4.50
top round steak, american cheese, hoagie roll, your choice of onions, mushrooms

GRILLED CHICKEN BREAST 4.00
herb marinated

FRENCH FRIES 1.25

SESAME GREEN BEANS 🌱 1.25



May is InspirASIAN BRG Platform Month:

Buy a special Asian dish each Wednesday in select HQ cafeterias!

Freddie Mac

T - TH

Lunch

11:30 am – 2:30 pm

White Bean Dip Cup with Cherry Tomatoes 🌱



Available at all Java Me Markets

\$1.25

LIMITED TIME OFFER



@FLIKHospitalityGroup

MAY 16 – MAY 20

THIS WEEK

4th and EATS

scan here to order ahead



Specials

SOUP

Italian Wedding Soup, Collard Greens 12 / 16 oz 2.75/3.50

ENTREE

LEMON-OREGANO CHICKEN THIGHS 6.00

EGGPLANT MOUSSAKA, BECHAMEL, POTATOES 5.00

Yukon Gold Potatoes, Dill, Garlic VEGAN 1.25

Roasted Broccolini, Garlic VEGAN 1.25

Sautéed Mushrooms VEGAN 1.25

CULINARY THEATER

PAD THAI BAR 8.00/7.00

Sesame Garlic Shrimp or Scallion Tofu
Rice Noodles, Assorted Vegetables

INDIAN

Chicken Saag 6.00

Paneer Mutter VEG 5.00

Spring Vegetable Masala VEG 1.25

Garlic Dal VEGAN 1.25

GRILL

Honey Mustard Fried Chicken Sandwich 6.50

SANDWICH

Corned Beef Rye, Marble Rye, Sauerkraut 6.25

T - TH

Breakfast

7:30 am – 10:30 am

Lunch

11:30 am – 2:30 pm

BUILD YOUR OWN SANDWICH

craft your sandwich the way you want it. choose your protein, bread, cheese, and spreads

PROTEINS

Black Forest Ham
In House Roast Turkey
Smoked Turkey
Roast Beef
Bacon
Crispy Buffalo Chicken

CHEESES

American
Lorraine Swiss
Provolone
Cheddar
Pepper Jack
Fresh Mozzarella

BREADS

Ciabatta
Wraps
White Bread
Wheat Bread
Multi Grain
Udi's Bun
Sandwich Thins

SPREADS

Mayo, Pesto, Chipotle
Guldens® Mustard
Honey Mustard, Ranch
Buffalo Sauce
Caesar Dressing
Horseradish Aioli
Hummus

TOPPINGS

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

GRILL

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

THE BURGER 4.00

all natural beef

TURKEY BURGER 3.50

all white meat turkey

HOMEMADE VEGETABLE BURGER VEG 3.50

bulgur, vegetables, parsley, parmesan

GRILLED SALMON, TZATZIKI 6.50

STEAK & CHEESE 4.50

top round steak, american cheese, hoagie roll, your choice of onions, mushrooms

GRILLED CHICKEN BREAST 4.00

herb marinated

FRENCH FRIES 1.25

JASMINE RICE 1.25



@FLIKHospitalityGroup

THIS WEEK

W^B & EATS

T - TH
Lunch
11:30 am –
2:30 pm

scan here to order ahead



Specials

SOUP 12 / 16 OZ
Italian Wedding Soup, Collard Greens 2.75/3.50

ENTREE
BEEF STROGANOFF, MUSHROOMS, EGG NOODLES 6.00
CAULIFLOWER STEAK AU POIVRE VEG 5.00
Roasted Tomato Rice VEGAN 🌱 1.25
Grilled Balsamic Eggplant Rounds VEGAN 🌱 1.25

SANDWICH
Open Faced Buffalo Chicken Pita, Blue Cheese, Tomato, Banana Peppers 6.25

SALAD
Barbecue Chicken Chopped Salad, Cheddar, Ranch Dressing 🌱 7.50

CRAFTED SALADS

FREDDIE CHOPPED SALAD 7.50
grilled chicken, avocado, tomatoes, blue cheese, bacon, scallions, corn, tortilla strips, honey-lemon vinaigrette

HARVEST GRAIN VEG 7.00
whole grain, spring mix, romaine, sunflower seeds, seasonal roasted vegetables, apple cider vinaigrette

BUFFALO CHICKEN 7.50
crispy buffalo chicken breast, romaine, tomatoes, parmesan croutons, house made blue cheese dressing

CHICKEN CAESAR 7.50
chicken breast, romaine, tomatoes, parmesan, croutons, house made caesar dressing

MEXICALI 8.25
lemon oregano shrimp, organic mesclun, romaine, corn tortilla strips, queso fresco, jalapenos, black beans, roasted corn, jalapeno cilantro dressing

BUILD YOUR OWN 7.00-8.25

BUILD YOUR OWN SANDWICH

craft your sandwich the way you want it. choose your protein, bread, cheese, and spreads

PROTEINS
Black Forest Ham
In House Roast Turkey
Smoked Turkey
Roast Beef
Bacon
Crispy Buffalo Chicken

CHEESES
American
Lorraine Swiss
Provolone
Cheddar
Pepper Jack
Fresh Mozzarella

BREADS
Ciabatta
Wraps
White Bread
Wheat Bread
Multi Grain
Udi's Bun
Sandwich Thins

SPREADS
Mayo, Pesto, Chipotle
Guldens® Mustard
Honey Mustard, Ranch
Buffalo Sauce
Caesar Dressing
Horseradish Aioli
Hummus

TOPPINGS
Green Leaf Lettuce
Tomatoes
Red Onions
Pickle Spears

Grilled Vegetables
Pickled Jalapenos
Roasted Peppers
Banana Pepper

GRILL

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

THE BURGER 4.00
all natural beef

TURKEY BURGER 3.50
all white meat turkey

HOMEMADE VEGETABLE BURGER VEG 3.50
bulgur, vegetables, parsley, parmesan

GRILLED SALMON, ROASTED TOMATO SALSA 🌱 6.50

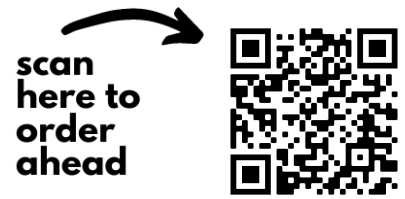
STEAK & CHEESE 4.50
top round steak, american cheese, hoagie roll, your choice of onions, mushrooms

CHICKEN BREAST 4.00
herb marinated

FRENCH FRIES 1.25

ROASTED ASPARAGUS 🌱 1.25

MAY 16 – MAY 20



HOT BREAKFAST

- Egg, Cheddar, Bacon, Bagel Sandwich 3.50
- Tex Mex Scramble 🌱 3.50
- Classic Breakfast Platter 3.50
chefs choice of french toast ,pancakes or waffles, sausage or bacon, syrup, butter

**assorted breakfast pastries, bagels available daily*

SNACKS & SUCH

- Blackberry, Granola, Plain Greek Yogurt Parfait **VEG** 🌱 3.00
- White Bean Dip Cup, Cherry Tomatoes 🌱  1.25
- Bento Box** Oatmeal Flax Square, Orange Compote, Berries, Greek Yogurt **VEG** 🌱 4.25
- Mixed Fruit Cup **VEGAN** 🌱 3.00
- Strawberry Oatmeal Bar **VEGAN** 🌱 1.50
- Banana, Strawberry, Almond Milk Smoothie **VEGAN** 4.00
- Cucumber, Pineapple, Mint Juice **VEGAN** 4.00

SANDWICHES

- Buffalo Chicken Wrap 4.75
- Grilled Portobello, Goat Cheese, Roasted Red Pepper Hummus, Baguette **VEG** 4.75
- Peanut Butter, Grape Jelly, Whole Wheat Bread **VEG** 2.75

**want it warmed? just ask a barista!*

GREENS

- Blackened Salmon Caesar, Romaine, Tomatoes, Red Onions, Croutons, Parmesan 6.00
- Santa Fe Steak Salad, Cheddar, Pico de Gallo, Chipotle Ranch **VEG** 6.00
- Baby Arugula Salad, Maple Roasted Butternut, Dried Cranberries, Sunflower Seeds, Citrus Vinaigrette **VEG** 6.00

ENTREES

- Mojo Roasted Turkey Breast** 7.25
Rice Pilaf, Grilled Zucchini and Yellow Squash
- Mushroom Ravioli VEG** 7.25
Marinara, Roasted Broccoli

SWEETS

- Vanilla Mousse Tart, Oreo Cookie Crumble **VEG** 2.25
- Lemon-Strawberry Shortcake **VEG** 2.25

TAKE HOME MEALS

Bring Dinner Home for Your Family
Each Portion Serves Two

- Ancho Chili Roast Chicken Breast 🌱 10
- BBQ Grilled Boneless Pork Chop 10
- Garlic Mashed Potatoes **VEG** 2
- Buttered Pasta, Herbs, Parmesan **VEG** 2
- Grilled Tomato, Yellow Squash, Zucchini, Onion **VEGAN** 🌱 2
- Sautéed Green Beans with Garlic, Herbs **VEGAN** 🌱 2

LIKE YOUR FOOD HEATED? PLEASE SEE THE BARISTA