














LUNCH SPECIALS

Monday, December 8

















HOT SOUP 3.05/3.85

- 1st & Eats, 3rd & Eats**
Curry Butternut Squash, Cauliflower, Coconut Soup 
Bacon Corn Chowder
Roasted Red Pepper, Chickpeas, Squash Soup 
- 4th & Eats, WB & Eats**
Chicken, Caramelized Onion Soup 
Pistou Soup: No-Nut Pesto, Garbanzo, Ditalini 
Cuban Garbanzo Bean, Chorizo Soup (HQ4 only) 


DELI 6.50

- 1st & Eats**
Reuben Sandwich: Corned Beef, Sauerkraut, Swiss, Thousand Island Sauce, Marble Rye Bread
- 4th & Eats**
Prosciutto, Fig Jam, Brie, Baby Spinach, Baguette
- WB & Eats**
Salmon Salad, Capers, Lemon, Light Mayonnaise, Whole Wheat Wrap 

GRILL 6.50/1.50

- 1st & Eats**
Slow-Roasted Lamb Shoulder, Turkish Ezme, Pita Lemon, Olive Oil, Broccolini 
- 3rd & Eats**
Pork Cubano, Ham, Swiss, Mustard, Ciabatta
Steamed Beets 
- 4th & Eats**
Black and Blue Beef Burger, Bacon, Brioche Bun
Roasted Green Beans, Shallots 
- WB & Eats**
Roasted Beet, Quinoa Salad, Avocado, Pepitas, Beet Ginger Vinaigrette 

PICANTE 7.50/6.50/5.50

- 1st & Eats**
Lamb Shoulder Barbacoa
Cilantro Lime Chicken
Pozole, Poblano, Potato Stew 




PIZZA 2.50

- 1st & Eats**
Prosciutto, Basil Chiffonade, Goat Cheese, Balsamic Vinegar


























SUSHI

- 1st & Eats**
Caterpillar Roll 10.00
Chicken Yakisoba 8.50

CULINARY THEATER/BOWL'D

- 1st & Eats**
MANICOTTI BAR
Italian Sausage, Italian Sunday Sauce, Beef, Tomato 7.75
Braised Navy Beans, Sun-Dried Tomatoes, Basil  7.25
- 3rd & Eats**
BURRITO BOWL
Grilled Spiced Flank Steak 7.75
Roasted Winter Vegetables  7.25
- 4th & Eats**
GYRO BOWL
Beef, Lamb Blended Gyro Meat 8.50
Chicken Souvlaki 7.75
Falafel  7.25



ENTREE/ EVERYDAY EATS

- 1st & Eats**
Sweet and Sour Pineapple Crispy Chicken 6.50
Beef Char Siu, Oyster Sauce 6.50
Miso Ramen Noodle, Bok Choy, Shiitake, Tofu Stir Fry  5.50
Jasmine Rice  1.50
Kung Pao Brussels Sprouts  1.50
Cauliflower Fried "Rice"  1.50
- 3rd & Eats**
Creamy Chicken Florentine 6.50
Spinach, Ricotta Artichoke Manicotti, Creamy White Wine Sauce  5.50
Steamed Asparagus  1.50
Potato Gratin  1.50
Honey Glazed Butternut Squash  1.50
- 4th & Eats Buffet**
Chicken Fricassee 0.506
Coffee Crusted Flank Steak per oz.
Provencal Stuffed Peppers 
General Tso's Chicken
Kung Pao Tofu, Crispy Chickpea 
- WB & Eats**
Cuban Mojo Shredded Pork, Cilantro-Lime Mango Salsa, Tortilla 6.50
Jerk Spiced Boneless Chicken Thigh  6.50
Provencal Stuffed Peppers  5.50
Coconut Rice and Peas, Kidney Beans  1.50
Sauteed Orange, Ancho Chile Chayote  1.50

INDIAN

- 4th & Eats**
Available as Grab & Go at 1st & Eats, 3rd & Eats and WB Jave Me Market
Chicken Malai Kabab 6.50
Saag Chole: Chickpeas, Spinach  5.50
Garlic Dal  1.50
Mushroom Mutter  1.50

DESSERT

- Hot Chocolate Brownie Cookie  1.40
Blueberry Pear Upside Down Cake  2.50



Healthier
Menu Items



Vegan



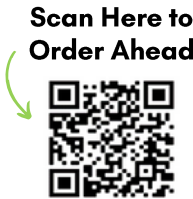
Vegetarian



Avoiding Gluten



Avoiding Milk



LUNCH SPECIALS

Tuesday, December 9

HOT SOUP3.05/3.85

1st & Eats, 3rd & Eats

Chicken, Basil, Cannellini Bean Soup

Italian Sausage Minestrone

Potato Leek Soup

4th & Eats, WB & Eats

Vegetarian Louisiana Gumbo

Chicken Barley Stew, Sage, Cremini Mushrooms

Cheeseburger Soup (HQ4 only)

DELI6.50

1st & Eats

Curried Chicken Salad, Sunflower Seeds, Wheat Wrap

4th & Eats

Flank Steak, Chimichurri, Shaved Red Onions, Provolone, Ciabatta

WB & Eats

Katsu Sando Chicken Cutlet Sandwich, Pullman Bread

GRILL6.50/1.50

1st & Eats

Jerk Chicken Wings, Celery Sticks, Blue Cheese Dressing

Sweet Chili Steamed Vegetables

3rd & Eats

Peri Peri Rostisserie Chicken, Peri Peri Mayo Carrot, Parsnips, Rosemary, Garlic

4th & Eats

Crab Cake, Lettuce, Tomato, Old Bay Remoulade, Brioche (10.00)

Maple Roasted Parsnips

WB & Eats

Balsamic Roasted Pumpkin, Brussels Sprouts

PICANTE6.50/5.50

1st & Eats

Lamb Shoulder Barbacoa

Cilantro Lime Chicken

Pozole, Poblano, Potato Stew

PIZZA3.50

1st & Eats

Halal Butter Ground Lamb, Jalapeno, Tomato, Butter Sauce, Mozzarella, Cilantro Raita Crema

SUSHI

1st & Eats

Crunchy Roll10.00

Chicken Yakisoba8.50

CULINARY THEATER/BOWL'D

1st & Eats

AREPA FUSION BAR

Mojo Pork Shoulder7.75

Shredded King Oyster Mushroom Tinga 7.25

3rd & Eats

FRIED RICE BAR

Garlic Chicken7.75

Sweet Chili Tofu 7.25

4th & Eats

LOMO SALTADO

Aji Amarillo Marinated Flank Steak7.75

Aji Amarillo Marinated Grilled Tofu 7.25

ENTREE/ EVERYDAY EATS

1st & Eats

Chicken Cordon Bleu, Swiss, Ham Dijon Cream Sauce6.50

Beef Burgundy, Pearl Onion6.50

Butternut Squash, Kale, Mushroom5.50

Lasagna

Quinoa Pilaf, Red and Yellow Peppers 1.50

Cheddar Spinach Mashed Potatoes 1.50

Maple Glazed Carrots 1.50

3rd & Eats

Roasted Cod, Braised Tomato, Olive, Garlic 7.50

Beef Stroganoff6.50

Sauteed Carrot, Eggplant, Green Beans 1.50

Roasted Maple Glazed Autumn Squash 1.50

Buttered Egg Noodles 1.50

4th & Eats Buffet

Apple Cider Glazed Salmon0.506

Grilled Chicken Breast, Rosemary Pan Gravy per oz.

Zucchini "Crab" Cakes

Chinese Beef, Bamboo Shoots, Peppers

Enoki Mushrooms, Fried Garlic

WB & Eats

Cornmeal Paprika Crusted Catfish 7.50

Cajun Spiced Boneless Chicken Thigh 6.50

Zucchini "Crab" Cake 5.50

Creole Rice, Vegetable Stock 1.50

Roasted Autumn Vegetables: Zucchini, Bell Peppers, Spanish Onion 1.50

INDIAN

4th & Eats

Available as Grab & Go at 1st & Eats, 3rd & Eats and WB Jave Me Market

Chicken Vindaloo6.50

Saag Paneer 5.50

Masoor Dal Tadka 1.50

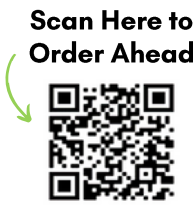
Vegetable Jalfrezi 1.50

DESSERT

Hot Chocolate Brownie Cookie 1.40

Blueberry Pear Upside Down Cake 2.50





LUNCH SPECIALS

Wednesday, December 10

HOT SOUP 3.05/3.85

1st & Eats, 3rd & Eats

- Spicy Sausage Minestrone
- Tofu, Vegetable, Rice Noodle Soup
- Chicken Tortilla Soup

4th & Eats, WB & Eats

- Creamy Potato, Jalapeno, Cheddar Soup
- Chicken Tortilla Soup
- New Mexican Turkey Meatball Soup (HQ4 only)

DELI 6.50

1st & Eats

- Prosciutto, Spanish Chorizo, Roasted Red Pepper, Smoked Gouda, Baguette

4th & Eats

- Roasted Turkey, Apple Slaw, Honey Mustard, Pretzel Roll

WB & Eats

- Chicken Parmesan, Tomato Basil Sauce, Rosemary Focaccia

GRILL 6.50/1.50

1st & Eats

- Southwest Sloppy Joe, Potato Roll, Coleslaw
- Baked Sweet Potato

3rd & Eats

- Truffled Wild Mushroom-Swiss Burger, Brioche Bun
- Sauteed Vegetable Medley

4th & Eats

- Bang Bang Chicken Skewers
- Honey Sesame Roasted Brussels Sprouts

WB & Eats

- Glazed Acorn Squash

PICANTE 6.50/5.50

1st & Eats

- Lamb Shoulder Barbacoa
- Cilantro Lime Chicken
- Pozole, Poblano, Potato Stew

Special: Nacho Bar

PIZZA 2.50

1st & Eats

- Spicy Italian Sausage, Broccoli, Red Pepper, Red Onion, Mushroom, Mozzarella Cheese

SUSHI

1st & Eats

- Rainbow Roll 10.00
- Chicken Yakisoba 8.50

CULINARY THEATER/BOWL'D

1st & Eats

RAMEN NOODLE

- Honey Soy Glazed Flank Steak 7.75
- Pork Char Siu 7.75
- Korean Chili Glazed Tofu 7.25

3rd & Eats

GYRO BAR

- Roasted Greek Spiced Lamb 8.50
- Lemon Oregano Chicken 7.75
- Chickpea Falafel 7.25

4th & Eats

CHILI PASTA BOWL

- Beef Chili 7.75
- Three Bean Chili 7.25

ENTREE/ EVERYDAY EATS

1st & Eats

- Lamb Kofta, Raita Sauce 7.50
- Chicken Kebab 6.50
- Chickpea "Chorizo" 5.50
- Long Grain Rice, Chives 1.50
- Herb Oil Roasted Corn, Parsnips, Carrots 1.50
- Roasted Green Beans, Garlic 1.50

3rd & Eats

- Korean BBQ Style Fried Chicken 6.50
- Szechuan Pepper Steak, Bell Peppers, Scallions 6.50
- Soy Roasted Japanese Eggplant 1.50
- Chili, Sesame Hoisin Rice Wide Noodles 1.50
- Miso Roasted Vegetables 1.50

4th & Eats Buffet

- Beef Ricotta Meatballs, Marinara Sauce 0.506 per oz.
- Chicken Marsala, Mushroom Pan Sauce
- Zucchini Lasagna, Lentils, Seitan
- Salmon Fried Rice
- Eggplant, Green Bean Stir Fry

WB & Eats

- Nashville Hot Chicken Sandwich, Pickles, Potato Bun 6.50
- Golden North Carolina Shredded BBQ Pork, Potato Bun 6.50
- Zucchini Lasagna, Lentils, Seitan 5.50
- Steamed Green Beans 1.50
- Creamy Macaroni and Cheese 1.50

INDIAN

4th & Eats

Available as Grab & Go at 1st & Eats, 3rd & Eats and WB Jave Me Market

- Lamb Rogan Josh 7.50
- Rajma Masala 5.50
- Tomato Dal 1.50
- Gobi Corn 1.50

DESSERT

- Hot Chocolate Brownie Cookie 1.40
- Blueberry Pear Upside Down Cake 2.50











LUNCH SPECIALS

Thursday, December 11





HOT SOUP

3.05/3.85

1st & Eats, 3rd & Eats

- Chicken Florentine Soup  
- Creamy Cauliflower, Parmesan Soup 
- Beef Bouillon, Cabbage, Carrots, Rice   

4th & Eats, WB & Eats

- Tuscan Lentil Soup    
- Brunswick Pork Stew, Worcestershire
- Chicken, Butternut Squash Soup (HQ4 only)

DELI

6.50

1st & Eats

- Smoked Salmon, Avocado, Dill Lemon Cream Sauce, French Baguette

4th & Eats

- Sweet Thai Chicken, Pickled Daikon, Cilantro Mayonnaise, Banh Mi





WB & Eats

- Fried Shrimp Po'Boy, Lettuce, Tomatoes, Onions, Remoulade

GRILL

6.50/1.50




1st & Eats

- Turkey Meatball Submarine, Mozzarella, Marinara Roasted Zucchini, Italian Herbs, Garlic    

3rd & Eats

- Pork Tenderloin Banh Mi, Ponzu-Ginger Sauce Cumin Roasted Eggplant    

4th & Eats

- Chili Cheese Beef Hot Dog
- Steamed Peas, Carrots    


WB & Eats

- Chipotle Honey Cauliflower    

PICANTE

6.50/5.50

1st & Eats

- Lamb Shoulder Barbacoa
- Cilantro Lime Chicken
- Pozole, Poblano, Potato Stew 

PIZZA

2.50

1st & Eats

- Fried Three Cheese Calzone 

SUSHI


1st & Eats

- Salmon Lover Roll 10.00
- Chicken Yakisoba 8.50

CULINARY THEATER/BOWL'D

1st & Eats

BAO BUNS

- Five Spice Pork Belly 7.75
- Teriyaki Glazed Chicken 7.75
- Crispy Gochujang Tofu  7.25

3rd & Eats

CHILI MAC BOWL

- Spiced Ground Beef Chili 7.75
- Mexican Spiced Beyond Meat Chili  7.25

4th & Eats

RISOTTO BOWL

- Herb Garlic Roasted Shrimp 8.50
- Herb Garlic Grilled Chicken 7.75
- Thyme Roasted Maitake Mushroom "Steak"  7.25

ENTREE/ EVERYDAY EATS





1st & Eats

- Sesame Crispy Chicken, Broccoli 6.50
- Scallion Beef 6.50
- Szechuan Tofu-Edamame Stir Fry  5.50
- Sweet Soy Sesame Eggplant  1.50
- Steamed White Rice     1.50
- Chinese Broccoli, Garlic Sauce  1.50








3rd & Eats

- Pumpkin Seed Mole Shrimp Tacos  7.50
- Roasted Chicken Asado, Lime Crema 6.50
- Fajita Vegetables     1.50
- Sofrito Rice  1.50
- Oven Roasted Plantains  1.50

4th & Eats Buffet

- Oven Fried Cod  0.506
- Beef, Sweet Potato Shepherd's Pie  per
- Pumpkin Ricotta Stuffed Shells, Parmesan oz.
- Cream Sauce 
- Thai Basil Pork Belly
- Soy Sauce Noodles, Sweet Potato, Mushrooms 

WB & Eats

- Stuffed Flank Steak: Eggs, Cilantro, Bell Pepper  6.50
- Salt & Pepper Shrimp, Baby Corn, Bamboo Shoots 7.50
- Pumpkin Ricotta Stuffed Shells, Parmesan 5.50
- Cream Sauce 
- Grilled Broccoli Spears     1.50
- Chimichurri Long-Grain Rice  1.50



INDIAN

4th & Eats

Available as Grab & Go at 1st & Eats, 3rd & Eats and WB Jave Me Market

- Chicken Biryani 6.50
- Mutter Paneer  5.50
- Dal Maharai  1.50
- Aloo Mutter  1.50

DESSERT

- Hot Chocolate Brownie Cookie  1.40
- Blueberry Pear Upside Down Cake  2.50



LUNCH SPECIALS

Friday, December 12

HOT SOUP

3.05/3.85

1st & Eats, 3rd & Eats

Pistou Soup: No-Nut Pesto, Garbanzo, Ditalini

Seafood Chowder

Mexican Chicken Soup, Black Beans, Sweet Potatoes

4th & Eats, WB & Eats

Creamy White Bean, Ancho Chili

Thai Chicken Noodle Soup, Lemongrass

Beer, Bacon, Cheddar Soup (HQ4 only)

DELI

6.50

1st & Eats

Katsu Sando Pork Cutlet Sandwich, White Country Bread

4th & Eats

Ham, Caramelized Pears, Swiss Cheese, Sourdough Panini

WB & Eats

Buttermilk Fried Chicken, Green Leaf, Tomato, Brioche Bun

GRILL

6.50/1.50

1st & Eats

Chili Pastor Rotisserie Chicken Enchiladas, Salsa Roja

Chimichurri Potatoes

3rd & Eats

Fried Calamari Basket, French Fries, Tartar Sauce

Baked Sweet Potato

4th & Eats

Double Beef Patty Melt, Rye

Herb Roasted Purple Sweet Potatoes,

Onions

WB & Eats

Steamed Beet, Carrots

PICANTE

6.50/5.50

1st & Eats

Lamb Shoulder Barbacoa

Cilantro Lime Chicken

Pozole, Poblano, Potato Stew

PIZZA

2.50

1st & Eats

Hawaiian Pizza: Bacon, Ham, Pineapple, Pickled Jalapeno

SUSHI

1st & Eats

Tasty Roll 10.00

Chicken Yakisoba 8.50

CULINARY THEATER/BOWL'D

1st & Eats

ATHENIAN SOUVLAKI BAR

Pork Souvlaki Skewer 7.75

Chicken Souvlaki Skewer 7.75

Vegetable Souvlaki Skewer 7.25

3rd & Eats

PHO BAR

Asian BBQ Glazed Chicken 7.75

Miso Tofu 7.25

4th & Eats

BIRRIA RAMEN BOWL

Shredded Beef Birria 7.75

Baked Tofu 7.25

ENTREE/ EVERYDAY EATS

1st & Eats

Beef Meatloaf, Smoked Tomato Sauce 6.50

Rib Rack, Pomegranate Glazed 6.50

Stuffed Peppers, Quinoa, Basil 5.50

Smoked Gouda Mashed Potatoes 1.50

Roasted Broccoli, Crispy Parmesan 1.50

Cinnamon Honey Glazed Carrots 1.50

3rd & Eats

Creole Chicken, Sausage Gumbo 6.50

Cajun Corn, Cheddar Grits, Tomato Gravy 5.50

Braised Okra, Tomatoes 1.50

Garlic Mashed Potatoes 1.50

Cajun Roasted Fall Vegetables 1.50

4th & Eats Buffet

Roasted Chicken Quarters, Lemon Caper Sauce 0.506 per oz.

Coca-Cola Braised Beef Pot Roast

Grilled Cauliflower Steaks, Gremolata,

Pomegranate Seeds

Chicken, Zucchini Stir Fry

Buddha Delight

WB & Eats

Steak Carne Asada Quesadilla, Tomato Salsa 6.50

Chicken Tinga Quesadilla, Tomato Salsa 6.50

Grilled Cauliflower Steaks, Gremolata, 5.50

Pomegranate Seeds

Mexican Rice 1.50

Roasted Spaghetti Squash 1.50

INDIAN

4th & Eats

Available as Grab & Go at 1st & Eats, 3rd & Eats and WB Jave Me Market

Chicken Curry 6.50

Egg Masala 5.50

Spinach Dal 1.50

Green Bean Aloo 1.50

DESSERT

Hot Chocolate Brownie Cookie 1.40

Blueberry Pear Upside Down Cake 2.50










SIGNATURE MENU

Available Daily

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
BLACK BEAN BURGER 	4.20
STEAK & CHEESE	
Top Round Steak or Shaved Chicken	5.25
GRILLED CHICKEN BREAST	4.75
GRILLED SALMON   	7.00
GRILLED CHEESE 	2.65
FRENCH FRIES	1.60
TATER TOTS	1.60
ONION RINGS (HQ1, HQ3, HQ4 only)	2.10

PIZZA

1st & Eats

WB & Eats (Available on Fridays)

Cheese 	2.00
Vegetarian 	2.50
Pepperoni	2.25

QUICK PICKS

Chef's Picks (HQ1, HQ3, HQ4 only)	2.00/3.00
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DELI - BYO SANDWICH

PROTEINS: Grilled Chicken, Black Forest Ham, House Roasted Turkey, Smoked Turkey, House Roasted Beef, Crispy Buffalo Chicken, Grilled Buffalo Chicken, Chicken Salad, Albacore Tuna Salad, Egg Salad, Grilled Vegetables, Bacon









CHEESE: American, Swiss, Provolone, Cheddar, Pepper Jack, Mozzarella, Blue Cheese Crumbles

TOPPINGS: Green Leaf Lettuce, Tomatoes, Pickled Jalapenos, Red Onions, Frizzled Onions, Roasted Red Peppers, Banana Peppers, Bacon, Avocado

SPREADS: Mayo, No-Nut Pesto, Chipotle Mayo, Light Mayo, Mustard, Honey Mustard, Ranch, Buffalo Sauce, Caesar Dressing, Horseradish Aioli, Hummus, Spicy Pepper Relish

BREAD: White, Wheat, Multigrain, Rye, Plain Wrap, Wheat Wrap, Ciabatta, Sandwich Thin, Sub Roll, Udi's Bun 

STANDARD DESSERTS

FLIK Chocolate Chip Cookie 	1.65
Oatmeal Raisin Cookie 	1.40
Sugar Cookie 	1.40
Kitchen Sink Cookie 	1.65
Double Dark Chocolate Brownie 	1.50
Dessert Bites 	1.50
Bread Pudding (Mon-Wed) 	0.506/oz.
Lava Cake (Thurs-Fri) 	0.506/oz.

WHAT'S HAPPENING?

DECEMBER SIPS AROUND TOWN

Peppermint Mocha

Sugar Cookie Latte

FEATURED SNACK

Savory Quinoa, Seed, Oat Granola

At Java Me Markets

THIS WEEK ON CAMPUS

SUSHI SPECIALS - 1st & Eats

Chicken Yakisoba Hot Bowl

December 8-12 (11:30am- 2:00pm)

Tasty Roll

December 12 (11:30am- 2:00pm)

FUNCTIONAL FOOD – 1st & Eats

Curried Chicken Salad, Sunflower Seeds, Wheat Wrap

December 9 (11:30am-2:00pm)

FUNTIONAL FOOD TASTING – 1st & Eats

Cilantro Lime Quinoa Salad, Pumpkin Seeds

December 10 (11:30am-12:30pm)

FEATURED ITEM - WB & Eats

Nashville Hot Chicken Sliders

December 10 (11:30am-2:00pm)

WELLNESS DEMO - 1st & Eats

Chocolate Bark

December 11 (1:30pm-2:30pm)



Healthier
Menu Items



Vegan



Vegetarian



Avoiding Gluten



Avoiding Milk