

MENU

Week of
July 29

July Specials

Grill Crispy Stuffed Spinach & Provolone Portobello Burger

Deli Grilled Chicken, Black Bean Corn Salsa, Guacamole, Wrap

Peach Slaw, Yogurt, Ginger, Mint, Cabbage, Red Onion
Fuel, AG, V

M Vegetable Soup **Fuel, AG, V+** 2.90/3.60
Rosemary, Parmesan Breaded Pork Chop 6.78
Garlic Roasted Potatoes **Fuel, AG, V+**
Garlic Herb Marinated Vegetable **Fuel, AG, V+**

Pizza Grilled Vegetable Calzone **V** 4.83
Salad Chickpea Avocado Feta Salad **Fuel, AG, V** .37/oz

T Broccoli, White Bean Cheddar Soup **Fuel, AG, V** 2.90/3.60
SUMMER OLYMPICS 6.78
Korean BBQ Bowl **Fuel**
Brown Sushi Rice **Fuel**
Stir fried Vegetables **Fuel, V+**

Pizza Crispy BBQ Chicken, Pickled Red Onion 2.69
Salad Quinoa, Zucchini Pea Salad **Fuel, AG, V+** .37/oz

W Chicken, Basil, Cannellini Bean Soup **Fuel, AG** 2.90/3.60

Mojo Marinated Salmon **Fuel, AG** 7.00
Yellow Rice **Fuel, AG, V+**
Baked Plantains **Fuel, AG, V+**

Pizza Chicken, Peppers, Onion Stromboli 4.83
Salad Chopped Bibb Caesar Salad, Sundried Tomatoes, Avocado Dressing **Fuel, AG, V** .37/oz

Th Turkey Quinoa, Vegetable **Fuel, AG** 2.90/3.60

Eggplant Parmesan **V** 5.79
Mashed Sweet Potatoes **Fuel, AG, V**
Lemon Green Beans **Fuel, AG, V+**

Pizza Pepperoni 2.69
Salad Sweet Chili Brussel Sprouts **FUEL** .37/oz

F New England Clam Chowder 2.90/3.60 7.00

Baked Cod, Herb Bread Crumbs
Brown Rice **FUEL**
Roasted Mixed Vegetables **FUEL**

Grill Sausage, Pepper, Onion 2.69
Salad Fresh Fruit Salad **FUEL** .37/oz

functional
FOODS

/ \ COFFEE, GREEN TEA & MATCHA



Chocolate Coffee Energy Bite

Have a food allergy? Please notify someone on the FLIK team.

Fuel = Better For You, **AG** = Avoiding Gluten, **V+** = Vegan, **V** = Vegetarian, **FF** = Functional Food

Food by FLIK