

Fuel D E F I N E D
WHAT MAKES SOMETHING **Fuel**?

Items marked with this icon meet the following criteria, consistent with current dietary recommendations.

MAIN ENTRÉE

Calories: <400
Sat Fat (g): <5
Sodium (mg) <600

SIDES

Calories: <250
Sat Fat (g): <2
Sodium (mg) <250

January Special
THIS WEEK
Hot Tea & Tea Bread
3

Cafe Dining Website

Visit the dining website for

- Weekly menu
- Catering
- Wellness & Nutrition
- Promotions in Café
- Thrive Mobile Ordering



M	Beef Barley Soup Fuel	1.66/2.07/2.43
	STEAKHOUSE MARINATED BONELESS CHICKEN THIGH, WORCESTERSHIRE Fuel	4.81
	Crispy Potato Cheddar Cakes, V	1.24
	Glazed Acorn Squash Fuel, AG, V	1.24
	Salad Baby Kale Salad, Raisins, Honey Lemon Vinaigrette Fuel, AG, V	.37/oz

T	Mushroom Bisque Fuel, V	1.66/2.07/2.43
	CAJUN BLACKENED SHRIMP AG	6.62
	Sweet Potato Puree, Marshmallows Fuel*	1.24
	Roasted Delicata Squash Fuel, AG, V+	1.24
	Salad Buffalo Tofu, Blue Cheese Salad Fuel, AG, V	.37/oz

W	Tuscan Bread Soup, Kale, White Beans Fuel, V	1.66/2.07/2.43
	BAKED EGGPLANT PARMESAN Fuel, V	5.76
	Herbed Bowtie Pasta Fuel, V	1.24
	Roasted Green Beans, Garlic Fuel, AG, V+, FF	1.24
	Salad Bulgar Wheat, Garbanzo, Roasted Garlic Salad Fuel, V+, FF	.37/oz

Th	Creamy Tomato Basil Fuel, AG, V	1.66/2.07/2.43
	THOMPSON HOSPITALITY CAFÉ DAY	
	SAGE ROASTED PORK LOIN, AG	4.81
	Whipped Potatoes, AG, V	1.24
	Steamed Green Beans, AG, V+	1.24
	Salad Napa Cabbage Slaw, Sesame, Soy Fuel, AG, V	.37/oz

	Pistou, Vegetable, Garbanzo, Ditalini Soup Fuel, V	1.66/2.07/2.43
F	CHEF'S CHOICE	X.XX
	Chef's Choice Fuel*	X.XX
	Chef's Choice	X.XX
	Salad Roasted Three Potato Salad, Red Onion, Rosemary Fuel, FF, AG, V+	.37/oz

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