

Breakfast grill, deli, and grill items are available to order via Thrive Mobile and Desktop



thrive ThriveApp.io



- M** Manhattan Monday
- T** HEYAY! It's Tuesday!
- W** Wild Wing Wednesday
- Th** Pasta Me Thursday
- F** Fryday

**Fuel** DEFINED  
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



Cafe Dining Website

Food by FLIK

**M** Tempeh and Dumpling Stew **Fuel\***, **V+** .37/oz  
Kale, Miso Soup  
Beef & Barley Soup

**CURRIED CHICKEN THIGHS** .37/oz  
**BEEF STROGANOFF**

Toasted Orzo **Fuel\***, **V+**  
Yellow Squash, Zucchini, Garbanzo, Mint **Fuel**, **AG**, **V+** .37/oz

**Vegetarian** Cajun Black-Eyed Pea, Kale, Spicy  
Tomato, Eggplant **Fuel\***, **V+**

Kale, Miso Soup .37/oz  
**T** Vegetable Orzo Soup **Fuel\***  
Curried Vegetable & Turkey Soup

**SRIRACHA HONEY BONELESS PORK CHOP** **Fuel\***, **AG** .37/oz  
**HOISIN MARINATED FLANK STEAK**

Steamed Brown Rice **Fuel\***, **AG**, **V+**  
Baby Bok Choy, Gochujang **Fuel\***

**Vegetarian** Cilantro & Lime Tofu .37/oz

**W** Kale, Miso Soup .37/oz  
Hot and Sour Soup **Fuel\***  
Charred Tomato, Chipotle, Lime Soup **Fuel\***

**BAKED TILAPIA, NO NUT PESTO CRUMBS** **Fuel\*** .37/oz  
**ROASTED LEMON PEPPER CHICKEN BREAST**

Roasted Asparagus **Fuel\***  
Boiled New Potatoes, Dill **Fuel\***

**Vegetarian** Sweet Corn & Heirloom Tomato Frittata .37/oz

**Th** Matzo Ball Soup **Fuel\*** .37/oz  
Chicken Noodle Soup

**CELEBRATE PASSOVER** .37/oz

**BRAISED BRISKET, AG**  
**HERB ROASTED CHICKEN**

Honey Sesame Brussels Sprouts **Fuel\***, **AG**, **V**  
Tzimmes (Stewed Root Vegetables, Dried Fruit), **V**  
**Vegetarian** Potato Kugel **Fuel**, **V+** .37/oz

Asparagus, Leek, Potato Soup **Fuel\***, **V** .37/oz  
**F** Beef, Quinoa Soup

**SWEET THAI CHILI SPICED CHICKEN BREAST** **Fuel\*** .37/oz

**LEMON PEPPER SHRIMP**  
Steamed Carrots **Fuel**, **V+**  
Lemon, Thyme Farro

**Vegetarian** Ginger Marinated Summer Vegetables & Quinoa .37/oz

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

