

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

|           |  |        |
|-----------|--|--------|
| <b>M</b>  | French Onion Soup <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                 | .37/oz |
|           | Lentil Soup  |        |
|           | Pistou Soup  |        |
|           | <b>BALSAMIC HONEY MARINATED CHICKEN BREAST <b>Fuel*</b>, <b>AG</b></b> |        |
|           | <b>GARLIC AND GINGER ROASTED PORK LOIN</b>                             |        |
|           | Spicy Garlic Farro <b>Fuel*</b> , <b>V+</b>                            |        |
|           | Sautéed Cabbage <b>Fuel*</b> , <b>AG</b> , <b>V</b>                    |        |
|           | <b>Vegetarian</b> Braised Vegetable & Cannellini Beans                 | .37/oz |
| <b>T</b>  | French Onion Soup <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                 | .37/oz |
|           | Chicken, Basil, Cannellini Bean Soup <b>Fuel*</b> , <b>AG</b>          |        |
|           | Chicken Florentine Soup  |        |
|           | <b>ROASTED COD, BASIL THYME MARINADE*</b> , <b>AG</b>                  | .37/oz |
|           | <b>CHICKEN STIR FRY</b>  |        |
|           | Basmati Rice <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                      |        |
|           | Roasted Beets <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                     |        |
|           | <b>Vegetarian</b> Vegetable Tikka Masala                               | .37/oz |
| <b>W</b>  | French Onion Soup <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                 | .37/oz |
|           | Root Vegetable, Red Lentil Soup <b>Fuel*</b> , <b>AG</b> , <b>V+</b>   |        |
|           | Turkey, Vegetable & Brown Rice Soup                                    |        |
|           | <b>BEEF LASAGNA</b>  | .37/oz |
|           | <b>CHICKEN ALFREDO</b>   |        |
|           | Herbed Whole Wheat Penne <b>Fuel*</b> , <b>V</b>                       |        |
|           | Steamed Spring Peas <b>Fuel*</b> , <b>AG</b> , <b>V+</b>               |        |
|           | <b>Vegetarian</b> Baked Eggplant Parmesan <b>V</b>                     | .37/oz |
| <b>Th</b> | French Onion Soup <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                 | .37/oz |
|           | Roasted Red Pepper, Turkey Soup <b>Fuel*</b> , <b>AG</b>               |        |
|           | Beef & Orzo Soup   |        |
|           | <b>SALISBURY STEAK</b>   | .37/oz |
|           | <b>THAI BASIL CHICKEN</b>  |        |
|           | Cilantro Lime Brown Rice <b>Fuel</b> , <b>AG</b> , <b>V+</b>           |        |
|           | Roasted Carrots, Rosemary, Garlic <b>Fuel*</b> , <b>AG</b> , <b>V+</b> |        |
|           | <b>Vegetarian</b> Cheese Raviolis                                      | .37/oz |
| <b>F</b>  | French Onion Soup <b>Fuel*</b> , <b>AG</b> , <b>V+</b>                 | .37/oz |
|           | Manhattan Clam Chowder, Bacon <b>Fuel*</b>                             |        |
|           | <b>LEMON PEPPER PORK</b>   | .37/oz |
|           | <b>STEAKHOUSE MARINATED CHICKEN LEGS</b>                               |        |
|           | Basmati Rice   |        |
|           | Sautéed Kale   |        |
|           | <b>Vegetarian</b> Braised Eggplant                                     | .37/oz |

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

