

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 Vegetable Soup **Fuel, AG, V+** .37/oz
Pistou Soup
Chicken, Corn Chowder

"SHAKE AND BAKE" OVEN FRIED CHICKEN PEPPERSTEAK .37/oz
Garlic Roasted Potatoes **Fuel, AG, V+**
Garlic Herb Marinated Vegetables **Fuel, AG, V+**

Vegetarian Bulgogi Roasted Mushrooms, Asparagus .37/oz

T Vegetable Soup **Fuel, AG, V+** .37/oz
Broccoli, White Bean Cheddar Soup **Fuel, AG, V**
Spicy Beef Soup

BARBEQUE PORK SHOULDER Fuel .37/oz
BEEF & RED BEAN CHILI
Brown Rice **Fuel**
Stir fried Vegetables **Fuel, V+**

Vegetarian Hoisin Glazed Tofu, Vegetables .37/oz

W Vegetable Soup **Fuel, AG, V+** .37/oz
Chicken, Basil, Cannellini Bean Soup **Fuel, AG**
Vegan Lentil Soup **Fuel**

MOJO MARINATED PACIFIC COD Fuel, AG .37/oz
CHICKEN TIKKA MASALA
Yellow Rice **Fuel, AG, V+**
Baked Plantains **Fuel, AG, V+**

Vegetarian Vegetable Tikka Masala .37/oz

Th Vegetable Soup **Fuel, AG, V+** .37/oz
Turkey Quinoa, Vegetable **Fuel, AG**
Beef, Quinoa Soup

CAROLINA PULLED PORK .37/oz
JERK SPICED CHICKEN
Mashed Sweet Potatoes **Fuel, AG, V**
Lemon Green Beans **Fuel, AG, V+**

Vegetarian Oven Baked Eggplant .37/oz
Parmesan **V**

F Vegetable Soup **Fuel, AG, V+** .37/oz
Tuscan Lentil Soup **Fuel, AG, V+**

PASTA BAR

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

