

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



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

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

M Vegetable Soup **Fuel, AG, V+** 1.66/2.07/2.43

Rosemary, Parmesan Breaded Pork Chop 5.79
Garlic Roasted Potatoes **Fuel, AG, V+** 1.24
Garlic Herb Marinated Vegetables **Fuel, AG, V+** 1.24

Salad Spinach, Strawberries, Sunflower Seeds, Raspberry Vinaigrette **Fuel** .37/oz

T Broccoli, White Bean Cheddar Soup **Fuel, AG, V** 1.66/2.07/2.43

SUMMER OLYMPICS
Korean BBQ Bowl Fuel 5.79
Brown Sushi Rice **Fuel** 1.24
Stir fried Vegetables **Fuel, V+** 1.24

Salad Southwest Salad, Chipotle Tofu, Pico, Arugula, Quinoa, Greek Yogurt Ranch **Fuel** .37/oz

W Chicken, Basil, Cannellini Bean Soup **Fuel, AG** 1.66/2.07/2.43

Mojo Marinated Salmon Fuel, AG 6.62
Yellow Rice **Fuel, AG, V+** 1.24
Baked Plantains **Fuel, AG, V+** 1.24

Salad Grapefruit, Mint, Arugula Salad **Fuel** .37/oz

Th Turkey Quinoa, Vegetable **Fuel, AG** 1.66/2.07/2.43

Eggplant Parmesan V 4.81
Mashed Sweet Potatoes **Fuel, AG, V** 1.24
Lemon Green Beans **Fuel, AG, V+** 1.24

Salad Orange, Dill, Pasta Salad, Citrus Balsamic Vinaigrette **Fuel** .37/oz

F Tuscan Lentil Soup **Fuel, AG, V+** 1.66/2.07/2.43

Beef Stir Fry 6.62
Spanish Rice 1.24
Steamed Broccoli **Fuel** 1.24

Salad Butter Lettuce, Peach, Onion, Radish **Fuel** .37/oz