

### Featuring Wednesday

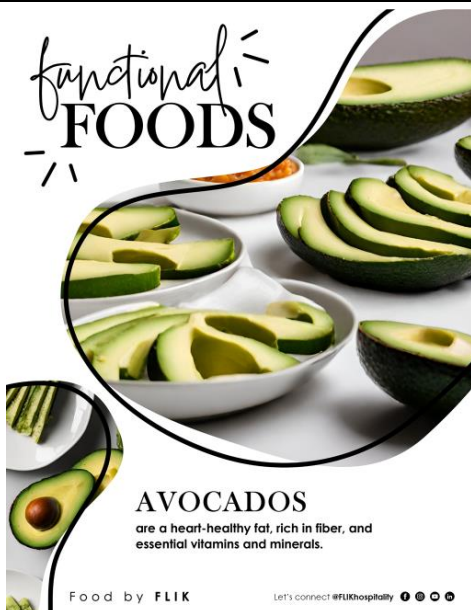


### ALL WEEK INNOVATION

#### Taly's Station at the Grill

- **Daily French Toast Special**
- **Avocado Toast Bar**

### Functional Food of May



**AVOCADOS**  
are a heart-healthy fat, rich in fiber, and essential vitamins and minerals.

Food by FLIK

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Food by FLIK

**M**

**Soup** Jamaican Red Beans, Chicken Vegetable Soup, Coconut  
**Entrée** **Roasted Chicken Shawarma** **FIT**

**Starch** Wholesome Mashed Potatoes with Carrot, Parsnips (Vegan)

**Sides** Steamed Vegetable Medley **FIT**/ Roasted Cauliflower **FIT**

**Grill** Chickpea "Chorizo", Pepper Jack Stuffed Bell Pepper **FIT**

**Deli** Tuna Salad (No Celery), Tomato, Arugula, Whole Wheat Focaccia

**Salad** Caribbean Sweet Potato, Cucumber, Corn Salad **FIT**

**Action: Flik Roti Plate:** Coconut Chicken Curry; Coconut Rice with Pigeon Peas; In House Made Roti; Sweet Potato; Corn; Chickpeas

**T**

**Soup** Flik Turkey Pozole Soup **FIT**

**Entrée** **Grilled Pork Chop, Apple Chutney** **FIT**

**Starch** Wild Rice, Fennel, Dried Plums, Lemon **FIT**

**Sides** Steamed Green Beans **FIT**/ Sautéed Vegetable Medley

**Grill** Double Bacon Cheeseburger

**Deli** Grilled Chicken, Bacon Club, Light Mayonnaise, White Hoagie

**Salad** Sweet Potato, Arugula, Pear, Pomegranate Salad Dijon Vinaigrette **FIT**

**Action: Deconstructive Mac & Cheese Bar:** Creamy Cheese Sauce/ Elbow Macaroni/ Array of Vegetables/ Shrimp/ Smoked Chicken

**W**

**Soup** Chicken Florentine Soup **FIT**

**Entrée** **Vietnamese Stir Fried Beef and Onions, Fish Sauce**

**Starch** Flik Soba Noodles **FIT**

**Sides** Sesame Crusted Tofu/ Sautéed Snow Peas **FIT**

**Grill** Flik Muffaletta Calzone with Roasted Garlic Puree

**Deli** Chicken Artichoke Pesto, Tomato, Whole Wheat Wrap **FIT**

**Salad** Fennel Arugula Salad, Roasted Tomatoes, Balsamic Parm **FIT**

**Action: New England Lobster Rolls:** Fresh Lobster Meat/ Capers/ Red Onion /Avocado/ Celery/ Flik Chips/ Potato Salad/ Cole Slaw

**TH**

**Soup** Chicken Barley Soup **FIT**

**Entrée** **Baked Pesto Crumb Mahi Mahi**

**Starch** Flik Steamed White Rice **FIT**

**Sides** Roasted Brussels Sprouts **FIT**/ Sautéed Carrots, Fresh Herbs

**Grill** Grilled Cheese Melt, Apple and Brie Cheese

**Deli** Buffalo Chicken, Blue Cheese, Flatbread

**Salad** Fennel, Beet, Goat Cheese, Wheatberry Salad, Vinaigrette

**Action: Chicken Tinga Taco Bowl:** Corn Tortilla Strips/ Cilantro lime Brown Rice/ Chicken Tinga/ Pico de Gallo/ Onion/ Lettuce/ Tom

**F**

**Soup** Classic New England Clam Chowder

**Entrée** **Lemon-Pepper Chicken Wings/ Chipotle Marinated Steak Tip**

**Starch** Sanora Spiced Roasted Potatoes **FIT**

**Sides** Classic Boston Baked Beans/ Steamed Broccoli **FIT**

**Grill** Herb Crusted Boneless Chicken Tenders with Dipping Sauces

**Deli** Crispy Chicken sandwich, Chipotle Mayo, Lettuce, Tomato

**Salad** Endive, Fig Arugula, Orange, Blue Cheese Salad **FIT**

**Before placing your order, please inform your server  
if a person in your party has a food allergy!**