



Monday, April 29, 2024

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| Breakfast Special | Assorted Breakfast Sandwiches 330-650 cal | \$5.00 |
| | <i>Cuisine Express Grab & Go</i> | |
| The Market | Apple Fig Rosemary Chicken Thighs | \$8.00 |
| Vegetable | Sweet Potatoes with Tuscan Kale and Shallots | |
| Sides | Wild and Brown Rice Pilaf | |
| | <i>Marinated Chicken Thighs with Onions, Apples, & Figs in a White Wine Dijon Pan Sauce. CONTAINS:</i> | |
| Flavor & Fire | Jalapeno Popper Burger | \$8.00 |
| | <i>Grass Fed Beef Patty, Jalapeno Cream Cheese, Bacon & an Onion Ring on a Toasted Bun. CONTAINS: EGG, WHEAT, DAIRY, SOY</i> | |
| Field of Greens | Sweet Chili Salmon Salad | \$8.00 |
| | <i>Mixed Greens topped with Sweet Chile Glazed Salmon, Carrots, Green Onions, Cabbage, Bell Peppers, Water Chestnuts, Mandarins, Tamari Cashews & Ponzu Dressing. CONTAINS: FISH, SOY, WHEAT,</i> | |
| Soup | Vegetable Beef Clam Chowder | Cup \$2.95 |

Tuesday, April 30, 2024

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|--------------------------|---|-------------------|
| Breakfast Special | Assorted Breakfast Burritos 770-1010 cal | \$5.00 |
| | <i>Cuisine Express Grab & Go</i> | |
| The Market | Beef & Black Bean Tamale Pie | \$8.00 |
| Vegetable | Salsa, Sour Cream, Guacamole | |
| Sides | Spanish Rice | |
| | <i>Green Chile Ground Beef & Black Beans with Melted Cheese & Cornbread Topping. CONTAINS: EGG, WHEAT, DAIRY</i> | |
| Flavor & Fire | Italian Grinder | \$8.00 |
| | <i>Ham, Salami, Capicola, Provolone, Lettuce, Tomato, Onion, Pepperoncini Peppers, Garlic Aioli, & Red Wine Vinaigrette on a Toasted Hoagie CONTAINS: EGG, WHEAT, DAIRY</i> | |
| Field of Greens | Sweet Chili Salmon Salad | \$8.00 |
| | <i>Mixed Greens topped with Sweet Chile Glazed Salmon, Carrots, Green Onions, Cabbage, Bell Peppers, Water Chestnuts, Mandarins, Tamari Cashews & Ponzu Dressing. CONTAINS: FISH, SOY, WHEAT,</i> | |
| Soup | Thai Butternut Squash Vegetable Beef | Cup \$2.95 |

Wednesday, May 1, 2024

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|--------------------------|---|-------------------|
| Breakfast Special | Assorted Breakfast Sandwiches 330-650 cal | \$5.00 |
| | <i>Cuisine Express Grab & Go</i> | |
| The Market | Chicken Shawarma Grain Bowl | \$8.00 |
| Vegetable | | |
| | <i>Mixed Grains, Marinated Kale, Shawarma Chicken, Onion, Tomato, Olive, Cucumber, Feta Cheese, & Tzatziki Sauce CONTAINS: WHEAT, DAIRY</i> | |
| Flavor & Fire | Mediterranean Steak Hoagie | \$8.00 |
| | <i>Yogurt Marinated Beef, Lettuce Tomato, Onion, Pickled Red Onions & Tarragon Aioli on a Hoagie Roll Contains: Wheat, Eggs, Dairy</i> | |
| Field of Greens | Italian Chicken Salad | \$8.00 |
| | <i>Sliced Chicken Breast, Bacon, Roasted Red Peppers, Pepperoncinis, Black Olives, Parmesan Cheese, & Italian Vinaigrette CONTAINS: DAIRY</i> | |
| Soup | Zuppa Toscana Thai Butternut Squash | Cup \$2.95 |

Thursday, May 2, 2024

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|--------------------------|---|-------------------|
| Breakfast Special | Assorted Breakfast Burritos 770-1010 cal | \$5.00 |
| | <i>Cuisine Express Grab & Go</i> | |
| The Market | Espresso & Chili Braised Beef | \$8.00 |
| Vegetable | Char Grilled Vegetable | |
| Sides | Polenta | |
| | <i>Slow Braised Beef in Espresso, Ancho Chile, & Chocolate BBQ Sauce. Served over Cheesey Polenta CONTAINS: FISH, DAIRY,</i> | |
| Flavor & Fire | Chicken Pad Thai | \$8.00 |
| | <i>Rice Noodles, Chicken, Egg, & Vegetables Stir-Fried in Pad Thai Sauce CONTAINS: EGG, FISH, SOY</i> | |
| Field of Greens | Italian Chicken Salad | \$8.00 |
| | <i>Sliced Chicken Breast, Bacon, Roasted Red Peppers, Pepperoncinis, Black Olives, Parmesan Cheese, & Italian Vinaigrette CONTAINS: DAIRY</i> | |
| Soup | Taco Soup Zuppa Toscana | Cup \$2.95 |

Friday, May 3, 2024

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|--------------------------|---|-------------------|
| Breakfast Special | Assorted Breakfast Sandwiches 330-650 cal | \$5.00 |
| | <i>Cuisine Express Grab & Go</i> | |
| The Market | Beer Battered Fish & Chips | \$8.00 |
| Vegetable | Coleslaw | |
| Sides | JoJos | |
| | <i>House battered and fried fresh. Served w/ tartar sauce & lemon CONTAINS: FISH, EGG, WHEAT, GLUTEN, SOY, DAIRY</i> | |
| Flavor & Fire | Montana Steak Dip | \$8.00 |
| | <i>House Roasted Beef Thinly Sliced & Piled on a Toaste Hoagie Roll. Served with Rosemary Au Jus. CONTAINS: WHEAT</i> | |
| Field of Greens | Italian Chicken Salad | \$8.00 |
| | <i>Sliced Chicken Breast, Bacon, Roasted Red Peppers, Pepperoncinis, Black Olives, Parmesan Cheese, & Italian Vinaigrette CONTAINS: DAIRY</i> | |
| Soup | Crab Corn Chowder Taco Soup | Cup \$2.95 |