

ALIQUOTS CAFÉ

Mon - Fri
7:30am – 11:15am
2:30pm – 5:00pm

ELEMENTS:
 Lunch: 11:15 – 2:00
 Snacks: 11:15 – 2:30
ALIQUOTS:
 Breakfast: 7:30 – 11:15
 Snacks: 2:30 – 5:00



HMS_EATS

Follow us on IG and get the latest news, view the menu, upcoming event, wellness education and more.

BREAKFAST: WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich	Egg, Bacon, American Cheese on Croissant ✓ Egg White, Swiss Cheese, Mushrooms, Onion, Kale on Wrap	Egg, Cheddar Cheese, Pork Sausage on Thin Wheat Bagel ✓ Egg White, Cheddar Cheese on Croissant	Egg, Ham, Swiss Cheese on Croissant ✓ Egg White, Pepper Jack Cheese, Kale, Tomato, Onion on Thin Plain Bagel	Egg, Turkey Bacon, Cheddar Cheese on Thin Plain Bagel ✓ Egg White, Pepper Jack, Black Beans, Tomato, Cilantro, Red Onion, Wrap	Egg, Swiss Cheese, Pork Sausage on Croissant ✓ Egg White, Cheddar Cheese on Thin Wheat Bagel
Hot Buffet	✓ Fried Eggs, Plant-Based Chorizo, Tomato, Peppers, Onions & Peas ✓ Scrambled Eggs ✓ Tater Tots Applewood Smoked Bacon ✓ Roasted Broccoli Florets, Herb Oil	✓ Vegetable & Cheese Frittata ✓ Scrambled Eggs ✓ Home Fries Chicken & Apple Sausage ✓ Sautéed Green Beans, Cherry Tomatoes, Onions	✓ French Toast ✓ Maple Syrup ✓ Whipped Cream ✓ Fruit Compote ✓ Scrambled Eggs ✓ Potato, Quinoa, White Cheddar & Spinach Hash Kielbasa ✓ Sautéed Kale, Peppers, Onions	✓ Shakshuka: Eggs, Tomato & Feta ✓ Scrambled Eggs ✓ Hash Brown Patties Corned Beef Hash: Potatoes, Peppers, Onions ✓ Roasted Brussels Sprouts, Shallots	✓ Waffles ✓ Whipped Cream ✓ Fresh Berries ✓ Fruit Compote ✓ Caramelized Banana ✓ Nutella ✓ Maple Syrup
Oatmeal	✓ Oatmeal ✓ Toppings: ✓ Raisins, ✓ Almonds, Brown Sugar				

BREAKFAST: WEEK 2

Sandwich	Egg, Kielbasa, Cheddar Cheese on Croissant ✓ Egg White, Swiss Cheese, Mushrooms, Onion, Kale on Wrap	Egg, Cheddar Cheese, Pork Sausage on Thin Wheat Bagel ✓ Egg White, Yellow Cheddar on Croissant	Egg, Swiss Cheese, Turkey Bacon on Croissant ✓ Egg White, Pepper Jack Cheese, Kale, Tomato, Onion on Thin Plain Bagel	Egg, Bacon, American Cheese on Thin Plain Bagel ✓ Egg White, Pepper Jack, Black Beans, Tomato, Cilantro, Red Onion, Wrap	Egg, Ham, Swiss Cheese on Croissant ✓ Egg White, Yellow Cheddar on Thin Wheat Bagel
Hot Buffet	✓ Spinach & Cheese Strata ✓ Scrambled Eggs ✓ Hash Brown Patties Kielbasa ✓ Sautéed Kale, Peppers, Onions	✓ Ranch-Style Eggs, Black Beans, Tomato, Cilantro, Scallions, Cheddar ✓ Scrambled Eggs ✓ Tater Tots Pork Sausage ✓ Roasted Brussels Sprouts, Shallots	✓ French Toast ✓ Maple Syrup ✓ Whipped Cream ✓ Fruit Compote ✓ Scrambled Eggs ✓ Sweet Potato Hash: Peppers, Onions, Herbs Chicken & Apple Sausage ✓ Sautéed Green Beans, Cherry Tomatoes, Onions	✓ Flamenco Eggs: Plant-Based Chorizo, Tomato, Peppers, Onions ✓ Scrambled Eggs ✓ Potato, Quinoa, White Cheddar & Spinach Hash Applewood Smoked Bacon ✓ Roasted Broccoli Florets, Herb Oil	✓ Waffles ✓ Whipped Cream ✓ Fresh Berries ✓ Fruit Compote ✓ Caramelized Banana ✓ Nutella ✓ Maple Syrup
Oatmeal	✓ Oatmeal ✓ Toppings: ✓ Raisins, ✓ Almonds, Brown Sugar				