

COUNTWAY CAFÉ

Week of July 1st

Mon-Fri

Breakfast: 7:15 – 10:30

Lunch: 11:15 – 2:00

Snacks & Drinks: 7:15 – 6:00

Snacks: 24/7

Select Grab & Go: 24/7

Special Events

All HMS cafes will be closed on Thursday and Friday, July 4th and 5th. Happy Independence Day!

BREAKFAST

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich	Egg, Turkey Bacon, Cheddar Cheese on Croissant V Egg White, Swiss Cheese, Mushrooms, Onion, Kale on Wrap	Egg, Cheddar Cheese, Chicken Sausage on Thin Wheat Bagel V Egg White, Yellow Cheddar on Brioche Bun	Egg, Ham, Swiss Cheese on Brioche Bun V Egg White, Pepper Jack Cheese, Kale, Tomato, Onion on Croissant	Egg, Bacon, American Cheese on Croissant V Egg White, Yellow Cheddar On Thin Wheat bagel	Egg, Swiss Cheese, Chicken Sausage on Brioche V Egg White, Pepper Jack Cheese, Black Beans, Tomato, Cilantro, Red Onion on Wrap
Oatmeal	Oatmeal Toppings: Raisins, Almonds, Brown Sugar				
Soup	Chicken Lemon Orzo	Vegetable Minestrone	Broccoli & Cheese	Closed	Closed
Hot Lunch	Chicken Parmesan; Cannellini Beans & Garlic Rapini; Eggplant Caponata V Gnocchi with Spinach, Mushroom, Walnut and Parmesan; Cannellini Beans & Garlic Rapini; Eggplant Caponata	Sherry Maple Haddock; Rice Pilaf with Basil; Sautéed Yellow Squash, Celery & Herb Medley Roast Pork Loin, Peaches, Rosemary Jus; Rice Pilaf with Basil; Sautéed Yellow Squash, Celery & Herb Medley	Fajita Chicken, Peppers, Onions, Cilantro; Refried Pinto Beans, Queso Fresco; Cilantro Lime Brown Rice; Sour Cream; Guacomole V Fajita Tofu, Peppers, Onions, Scallions; Refried Pinto Beans, Queso Fresco; Cilantro Lime Brown Rice; Sour Cream; Guacomole	Closed	Closed
Grab & Go	Turkey, Brie Cheese on Ciabatta	V Caprese Sandwich	Cranberry Chicken Salad	Closed	Closed
We offer a variety of Grab and Go items including Sandwiches, Salads, Snack Boxes and more. Available 24/7 at our self-checkout Kiosk.					



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

HMS.EATS

Menus are subject to change due to seasonality and availability.

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



Order Ahead
thrive



Better-For-You Option
 Vegetarian
 Vegan