

ELEMENTS CAFÉ

Week of December 2nd

Mon - Fri
11:15am – 2:30pm

ELEMENTS:

Lunch: 11:15 – 2:00

Snacks: 11:15 – 2:30

ALIQUOTS:

Breakfast: 7:30 – 10:30

Snacks: 2:30 – 5:00

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	<ul style="list-style-type: none"> 🌱 Italian Wedding Soup 🌱 Chana Masala Cauliflower 	<ul style="list-style-type: none"> 🌱 Native Three Sisters 🌱 Tomato Basil Bisque 	<ul style="list-style-type: none"> Broccoli & Cheddar 🌱 Wild Mushroom Bisque 	<ul style="list-style-type: none"> Chicken Noodle Soup 🌱 Curried Rice & Lentil 	<ul style="list-style-type: none"> Clam Chowder 🌱 Vegetable Minestrone
Kitchen Table	<ul style="list-style-type: none"> Classic Beef Stew 🌱 Pierogi with Scallion Butter 🌱 Rosemary Roasted Potatoes 🌱 Mélange of Fall Vegetables 	<ul style="list-style-type: none"> Argentinian-Inspired Chipin de Mariscos Pollo a la Brasa 🌱 Red Beans & Brown Rice, Vegetables, Herbs 🌱 Roasted Green Beans, Garlic & Herbs 	<ul style="list-style-type: none"> Smoked BBQ Pork Ribs Fried Chicken 🌱 Creamy Mac & Cheese 🌱 Garlic Broccoli 🌱 Cornbread with Matcha Butter 	<ul style="list-style-type: none"> Coq au Vin 🌱 Bean Cassoulet, Plant-Based Chorizo 🌱 Mushroom Risotto 🌱 Grilled Asparagus with Piperade & Garlic Confit 	<ul style="list-style-type: none"> Rotisserie Chicken Reverence Trout with Dill Caper Beurre Blanc 🌱 Sweet Potato Wedges 🌱 Sauteed Brussels Sprouts
Action	<p align="center"><u>Burritos & Bowls</u></p> <p align="center">Choice of Protein: Chipotle Tofu or Chicken Tinga</p> <p align="center">Toppings: Spanish Rice, Slow-Cooked Pinto Beans, Shredded Lettuce, Grilled Poblano Peppers, Queso Fresco, Shredded Cheddar, Cilantro, Pickled Red Onion, Pico de Gallo, Chipotle Crema, Salsa Verde, Guacamole</p>			<p align="center"><u>Ramen</u></p> <p align="center">Choice of Protein: Sriracha Miso Tofu, Shoyu Chicken, Teriyaki Pork Belly</p> <p align="center">Choice of Broth: Shoyu Chicken, Vegetable Miso</p> <p align="center">Toppings: Bok Choy, Spinach, Carrot, Sauteed Mushrooms, Baby Corn, Pickled Ginger, Sesame Oil, Sriracha, Togarashi, Hijiki, Bonito Flake, Scallion</p> <p align="center">Optional Soy Marinated Egg</p>	
Action	<p align="center"><u>Super Salads</u></p> <p>🌱 Beans & Grains – Spinach, Quinoa, Wheatberry, Brown Rice, Beluga Lentils, Black Beans, Chickpeas, Celery, Pickled Red Onions, Hard Boiled Egg, Feta, Chia Seeds, Pomegranate Vinaigrette</p> <p>Umami – Skuna Bay Salmon, Mizuna, Kale, Bok Choy, Tomato, Edamame, Hijiki, Sesame Seeds, Scallions, Nori Strips, Yuzu Miso Vinaigrette</p>			<p align="center"><u>Mediterranean Bowl</u></p> <p>Choice of Base: Brown Rice or Mixed Greens</p> <p>Choice of Protein: Falafel, Lemon Oregano Chicken, Herb Roasted Pork</p> <p>Choice of Toppings: Roasted Artichokes, Basil Tomatoes, Chickpeas, Pickled Red Onion, Pepperoncini, Kalamata Olives, Cucumber, Feta</p> <p>Choice of Sauce: Pesto Vinaigrette, Balsamic Vinaigrette, Dill Vinaigrette</p>	
Grill	<p>🌱 Za'atar Farro & Lentil Patty: Moroccan-Inspired Spiced Lentil & Farro Patty, Grilled Vegetables, Cucumber Mint Yogurt Sauce</p> <p>La Frieda Burger: BBQ Sauce, Fried Onion Rings, Pepper Jack Cheese on Brioche</p>				<p align="center">GRILL SIDES</p> <ul style="list-style-type: none"> 🌱 Pearl Couscous Salad, Apricot, Cranberries 🌱 Avocado & Grapefruit Salad
Rustico	<p align="center">DELI SIDES</p> <ul style="list-style-type: none"> 🌱 Wild Rice Cranberry Salad with Peas Kale Caesar 	<p>🌱 Charred Eggplant Sandwich: Eggplant, Parmesan, Arugula, Smoky Romesco Spread on Ciabatta</p>			

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.

🌱 Better-For-You Option
 🌱 Vegetarian
 🌱 Vegan

