

ELEMENTS CAFÉ

Week of May 6th

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

Special Events

Check out our FREE Superfood Sample Tables this week!

- **Tuesday 5/7** – Elements Café
- **Wednesday 5/8** – Courtyard Café
- **Thursday 5/9** – Atrium Café

Order Ahead
thrive



	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Soaps Italian Wedding Soup Tomato Basil Bisque	Broccoli & Cheddar Garden Vegetable	Chicken Noodle Soup Curried Rice & Lentil	Santa Fe Tortilla Wild Mushroom Bisque	New England Clam Chowder Vegetable Minestrone
	Kitchen Table Italian Sausage, Peppers Onion, Tomato, Basil Chicken Marsala, Mushroom, Onion, Herbs Grilled Corn Polenta Herb Grilled Vegetables	Chicken Cafreal Chana Masala Spiced Basmati Rice & Green Pea Pulao Braised Mustard Greens with Aromatic Spices Garlic Naan	BBQ Smoked Pork Ribs Creamy Baked Mac & Cheese Roasted Fingerling Potatoes, Rosemary Roasted Brussels Sprouts	Adobo Marinated Pulled Pork Fajita Chicken Cilantro Brown Rice, Corn & Peas Fajita Vegetables, Cumin, Cilantro Guacamole, Salsa, Cheddar, Sour Cream Flour & Corn Tortilla	Fried Fish Escovitch Jerk Chicken Thighs Red Beans & Rice Medley of Spring Vegetables
LUNCH	Action <u>Bulgogi</u> Choice of Base: Mizuna Cabbage Salad, White Rice Choice of Protein: Tofu Bulgogi, Chicken Bulgogi, Beef Bulgogi Choice of 2 Sides: Spicy Pickled Daikon & Carrots, Roasted Eggplant, Cucumber Sesame Salad, Kimchi Choice of Sauce: Ssamjang (Spicy Soybean Paste), Sweet Chile Sauce Choice of Toppings: Roasted Peanuts, Cilantro, Crispy Onions, Lime, Sesame Seeds, Scallions			<u>Global Grains</u> Vegetable "Buddha Bowl": Brown Rice, Turmeric Roasted Cauliflower, Sauteed Spinach, Roasted Sweet Potatoes, Avocado, Red Pepper Tahini Dressing, Crispy Chickpeas Italian-Inspired Chicken, Farro, Pesto Bowl: Balsamic Glazed Chicken, Farro, Cherry Tomatoes, Arugula, Roasted Bell Peppers, Pesto, Parmesan Cuban-Inspired Mojo Pork Quinoa Bowl: Cumin- & Citrus- Marinated Shredded Pork, Quinoa, Poblano & Bell Peppers, Orange, Pickled Red Onions, Cilantro, Cilantro Lime Crema	
	Action <u>Regional Italian Pasta</u> Spaghetti with Lemon Shrimp, Zucchini, Grape Tomato, Shallots, Garlic, Olive Oil Mushroom Ravioli, Sun-Dried Tomato Pesto, Basil, Olive Oil Penne with Beef Bolognese Served with Garlic Bread			<u>Ramen</u> Choice of Protein: Sriracha Miso Tofu, Teriyaki Pork Belly, Shoyu Chicken Choice of Broth: Shoyu Chicken, Vegetable Miso Toppings: Bok Choy, Spinach, Carrot, Sauteed Mushrooms, Baby Corn, Pickled Ginger, Sesame Oil, Sriracha, Togarashi, Hijiki, Bonito Flake, Scallion Add Soy Marinated Egg \$1.50	
LUNCH	Grill Black Bean & Spinach Enchilada Verde: Black Beans & Spinach with Pepper Jack Cheese, Verde Sauce with Tomatillo, Jalapeno, Cilantro & Cumin in Corn Tortillas La Frieda Beef Burger: Pastrami, Swiss, Grain Mustard, Red Cabbage Slaw on Brioche			GRILL SIDES Asparagus Avocado Spiced Peanut Salad Mango, Heart of Palm, Lime, Heirloom Tomato Salad	
	Rustico Tarragon Tomato Avocado Salad Kale Caesar			Plant-Based "BLT": Smoky Maple Tempeh "Bacon," Lettuce, Tomato, Chipotle Mayo on Sourdough	

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