

ELEMENTS CAFÉ

Mon – Fri
7:30am – 3pm

Breakfast: 7:30 - 10:30
Lunch: 11:15 - 2:00
Snacks: 7:30 - 3:00

WEEK of
Sept 07th

Superfood
Apples

R/A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LADLE		Broccoli Cheddar Pozole Soup	Tomato Basil Bisque Santa Fe Tortilla	Chicken Noodle Chana Masala Soup	Clam Chowder Native Three Sisters
EXPLORE	Closed	Chicken Parmesan, Tomato Basil Garlic Mozzarella Beef Meatballs, Porcini, White Wine & Mushroom Sauce Roasted Fennel & Parmesan Risotto Herb Roasted Cauliflower, Broccoli & Grape Tomatoes	Coq au Vin, Chicken, Baby Carrots, Pearl Onions Beef Bourguignonne Herb Roasted Marble Potato Garlic Tarragon Green Beans	Thai Ground Pork Larb Lemongrass& Kafir Lime Calamari, Shrimp, Mussels, Salmon Coconut Green Thai Curry Vegetable & Jasmine Fried Rice, Peas, Peppers, Corn, Carrot & Scallions Carrot, Snow Peas, Baby Corn, Peppers	Roasted Salmon, Dill, Lemon Caper Beurre Blanc Mojo Rotisserie Chicken Roasted Sweet potato wedges Medley of Roasted Summer Garden Vegetables
GRILL	Closed	La Frieda Beef Pub Burger: Beer Mustard, Smoked Gouda Cheese, Fried Onion rings , Worcestershire Aioli GRILL SIDES Grilled Vegetables Eggplant, Pepper, Carrots, Asparagus, Squash, Lemon Herb Vinaigrette			
ACTION	Closed	Backyard BBQ Pulled Pork Sandwich, Spicy Dill Pickles, Coleslaw, Eastern Carolina BBQ Sauce New England Style Shrimp Salad Roll - Poached Shrimp, Mayonnaise, Tarragon, Celery on Toasted Bun Pimento Mac & Cheese - Macaroni with Creamy Pimento Pepper Cheese Sauce Choice of 2 Sides: Coleslaw, Cajun Roasted Potato Wedges, "Mojito" Watermelon Salad			