

EAT. DRINK. SOCIALIZE.

Monday – Friday

THE MART @ METLIFE

Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF JUNE 9TH

SOUPS

MONDAY

Chicken Noodle

Vegetarian Lentil (VG)(MWG)

TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers

Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

FRI

GLOBAL- Chef's Choice

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Garlic Aioli, Whole Wheat Roll

SALAD

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Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

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Chef's Choice

DELI & SALAD

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Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

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SPECIALS

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Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

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GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

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THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
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Choice of Dressing: Muhammara, Schug, or Tahini Sauce

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GLOBAL-Summer BBQ

Sticky BBQ Chicken

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Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

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Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

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Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

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Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

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Vegetables

SUSHI & ACTION

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GLOBAL-Summer BBQ

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Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

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DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

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SUSHI & ACTION

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GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

FRI

GLOBAL- Chef's Choice

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Monday – Friday

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Breakfast | 7:15 am – 10:00 am

Lunch | 11:30 am – 2:00 pm

WEEK OF JUNE 9TH SOUPS

MONDAY

Chicken Noodle

Vegetarian Lentil (VG)(MWG)

TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

FRI

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Vegetarian Lentil (VG)(MWG)

TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

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Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

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Vegetarian Lentil (VG)(MWG)

TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

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TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

FRI

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WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

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Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

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Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

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Sticky BBQ Chicken

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Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

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White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers, Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

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Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

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Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

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Spicy Cole Slaw & Potato Salad

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Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

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THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

FRI

GLOBAL- Chef's Choice

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WEEK OF JUNE 9TH SOUPS

MONDAY

Chicken Noodle

Vegetarian Lentil (VG)(MWG)

TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

Tuesday- Cage Free Scrambled Eggs w/ Cheddar (V)(MWG), Turkey Sausage, Breakfast Potatoes (VG)(MWG)

Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

FRI

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WEEK OF JUNE 9TH SOUPS

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Chicken Noodle

Vegetarian Lentil (VG)(MWG)

TUESDAY

Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
Quinoa/Garbanzo Blend

Choice of Dressing: Muhammara, Schug, or Tahini Sauce

PIZZA

Tuesday Spinach, Feta Cheese & Sundried Tomatoes

Wednesday Chicken Parmesan Roll

Thursday Broccoli Rabe, Sausage & Caramelized Onions

RISE & SHINE



From the Breakfast Bar

Monday- Cage Free Scrambled Eggs (V)(MWG), Pork Sausage Links, Hash Browns (VG)

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Wednesday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (VG)

Thursday- Cage Free Scrambled Eggs (V), Pork Sausage Links, Hash Browns (VG)

Friday- Cage Free Scrambled Eggs (V)(MWG), Chicken Apple Sausage, Tater Tots (V)

Made to Order from the Grill- Eggs Any Style, Sausage, Breakfast Sandwiches, French Toast, Pancakes

MON

GLOBAL- New England

Horseradish Crusted Riverance Trout (Sustainably Raised Fish)

Sea Salted Roasted Potatoes (VG)(MWG)

Green Beans, Crispy Onions (VG)(MWG)

TUES

GLOBAL-Pride LA

Chermoula Roasted Chicken (Santolina Restaurant)

Citrus Marinated Skirt Steak (Issima Restaurant)

Pasta Primavera (Café Laurent)(VG)(MWG)

Grilled Broccolini, Calabrian Chili Vinaigrette (Olivetta)(VG)

WED

GLOBAL-Summer BBQ

Sticky BBQ Chicken

Grilled Sweet Italian Sausage w/ Peppers & Onions

Baked Beans (VG)(MWG)

Southern Style Mac & Cheese (V)

Spicy Cole Slaw & Potato Salad

THURS

GLOBAL-Vegies & Grains

Crispy Tofu, Sambal Green Beans, Shiitake Mushrooms

Stir Fried Seitan, Broccoli, Bok Choy & Carrots, Sweet Chili Sauce

Quinoa, Corm Edamame, Black Beans, Cilantro (VG)(MWG)

Steamed Jasmine Rice (VG)(MWG)

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Italian Wedding

Asparagus & Corn Chowder (VG)(MWG)

WEDNESDAY

Chicken Orzo

White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

SALAD

Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

GRILL

SPECIALS

Pat LaFrieda Burger, Avocado, Pickled Onions, Pepperjack
Cheese, Pickled jalapenos, Brioche Bun

Teriyaki Chicken Wings, Firecracker Fried Rice, Seasonal
Vegetables

SUSHI & ACTION

SUSHI

Rainbow Roll: California Style Roll w/ Assorted Fish

ACTION: Barbanzo

Choice of 1 Protein: Chicken Shawarma, Beef Shawarma, or
Chickpea Falafel

Choice of 3 Toppings: Tomato, Red Onion, Cucumber, Shredded
Lettuce, Marinated Olives, Crumbled Feta, Pickled Red Onions

Choice of 1 Side: Israeli Salad, Hummus, or Tabbouleh, or
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Choice of Dressing: Muhammara, Schug, or Tahini Sauce

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Thursday Broccoli Rabe, Sausage & Caramelized Onions

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White Bean & Kale (VG)(MWG)

THURSDAY

Traditional Tomato Soup

French Onion

FRIDAY

Chef's Choice

DELI & SALAD

DELI

Roasted Balsamic Portobello Sandwich, Roasted Peppers,
Garlic Aioli, Whole Wheat Roll

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Arugula & Beet Salad w/ Miso Dressing (VG)(MWG)

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Cheese, Pickled jalapenos, Brioche Bun

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