

WEEKLY SPECIALS | JANUARY 19-23

7WTC
CAFE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|--------|---|--|---|--------|
| MARKET BAR | CLOSED | <p>Fresh Seasonal Fruit, Oatmeal, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams</p> <p>Salad Greens, Fresh Vegetable Crudités & Fruit, Wholesome Beans & Grains, Lean Proteins & Cheeses, Salad Dressings & Vinaigrettes, Toppings</p> <p>Antipasti: Daily Selection of Seasonal Marinated & Grilled Vegetables, Grain & Bean Salad</p> | | | CLOSED |
| DELI | | <p>Grilled Eggplant Parmigiana Panini fresh mozzarella, marinara sauce, basil</p> <p>Santa Fe Brisket Melt Spiced Brisket, Cheddar Cheese, Caramelized Onions, Chipotle Thousand Island Dressing</p> | | | |
| GRILL | CLOSED | <p>Breakfast Special Fried Egg, Turkey bacon & Cheese Croissant</p> <p>Lunch Special Turkey BLT La Frieda Burger</p> | | | CLOSED |
| CHEF'S TABLE | CLOSED | | <p>Mongolian Stir-Fry Beef, Shrimp, asst. vegetables, jasmine rice</p> | | CLOSED |
| SOUP | | Minestrone | Chicken Tortilla | Chicken 'n' Dumplings | |
| HOT KITCHEN TABLE | CLOSED | <p>BREAKFAST Confetti Cage-Free Frittata Spinach, Feta & Tomato Egg Whites Scrambled Home Fries Turkey Sausage Link</p> <p>Italian Italian Meatballs w/ Marinara sauce Fire Roasted Salmon Herbed Spiral Pasta Roasted Vegetable Medley</p> | <p>BREAKFAST Cage-Free Scrambled Eggs w/ Scallions Spinach, Bacon & Egg Whites Frittata Breakfast Fingerlings Apple Chicken Sausage</p> <p>Mexican Chipotle Chicken Carne Asada- Flank Stewed Black Beans Cilantro Lime Rice</p> | <p>BREAKFAST Cage-Free Cheesy Scrambled Eggs Roasted Vegetable Egg Whites Frittata Choc Chip Pancakes Pork Sausage Link</p> <p>Comfort Mesquite Pork Chops Blackened Chicken Cin. Roasted Sweet Potato Cauliflower Gratin</p> | CLOSED |
| GRAB N GO | CLOSED | Cheese Quesadilla Chicken Quesadilla | Cheese Quesadilla Chicken Quesadilla | Cheese Quesadilla Chicken Quesadilla | CLOSED |

V vegetarian

VG vegan

 better for you