

# WEEKLY SPECIALS | OCT. 19<sup>th</sup>-23<sup>rd</sup>

# 7WTC CAFE

|                   | MONDAY                                         | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                               | FRIDAY                                         |
|-------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| MARKET BAR        | CLOSED                                         | <i>Fresh Seasonal Fruit, Oatmeal, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads &amp; Jams</i><br><br><i>Salad Greens, Fresh Vegetable Crudités &amp; Fruit, Wholesome Beans &amp; Grains, Lean Proteins &amp; Cheeses, Salad Dressings &amp; Vinaigrettes, Toppings</i><br><b>Antipasti:</b> Daily Selection of Seasonal Marinated & Grilled Vegetables, Grain & Bean Salad |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                        | CLOSED                                         |
| DELI              | Available Monday through Friday only on Thrive | <b>California Panini</b><br>avocado, tomato, cucumber, fresh mozzarella, herb aioli<br><b>Harvest Chicken Panini</b><br>sage grilled chicken, apples, brie, spinach, cranberry aioli                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                        | Available Monday through Friday only on Thrive |
| GRILL             | Available Monday through Friday only on Thrive | <b>Harvest Breakfast Burrito Special</b><br>scrambled eggs, apple chicken sausage, roasted sweet potatoes, peppers, onions, pepper jack cheese<br><b>Lunch Special</b><br><b>Meatball Parmesan</b><br>beef meatballs, marinera, shredded mozzarella on soft hero                                                                                                                         |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                        | Available Monday through Friday only on Thrive |
| CHEF'S TABLE      |                                                |                                                                                                                                                                                                                                                                                                                                                                                          | <b>CUTLET</b><br>Chicken Milanese<br>Paillard                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                        |                                                |
| SOUP              | Vegetarian                                     | Korean Chicken                                                                                                                                                                                                                                                                                                                                                                           | Joumou<br>(Haitian)                                                                                                                                                                                                                                                                           | Mushroom & Tofu<br>(Chinese)                                                                                                                                                                                                                           |                                                |
| HOT KITCHEN TABLE | CLOSED                                         | <b>BREAKFAST</b><br>Confetti Scrambled Eggs<br>Roasted Tomato & Feta<br>Scrambled Egg Whites<br>Home Fries<br>Turkey Sausage<br><br><b>Korean</b><br>Beef Bulgogi<br>Gochujang Roasted Chicken<br>Sesame Broccoli<br>Steamed Rice                                                                                                                                                        | <b>BREAKFAST</b><br>Cheddar & Applewood Bacon Quiche<br>Sauteed Leeks<br>Scrambled Egg Whites<br>Cinn. Apple Pancakes<br>Chicken Apple Sausage<br><br><b>Caribbean</b><br>Island Grilled Chicken w/pineapple salsa<br>Blackened Salmon<br>Cajun Roasted Potatoes<br>Caribbean Steamed Cabbage | <b>BREAKFAST</b><br>Crispy Pancetta<br>Scrambled Eggs<br>Kale Scrambles Egg Whites<br>Triangle Hash Browns<br>Pork Sausage Link<br><br><b>La Chino</b><br>Sticky Chipotle Wings<br>Char Sui Pork Loin<br>Five Spiced Plantains<br>Mexican Roasted Corn | CLOSED                                         |
| GRAB N GO         | CLOSED                                         | Breakfast Sandwiches<br>Mozzarella Sticks<br>Quesadillas                                                                                                                                                                                                                                                                                                                                 | Breakfast Sandwiches<br>Mozzarella Sticks<br>Quesadillas                                                                                                                                                                                                                                      | Breakfast Sandwiches<br>Mozzarella Sticks<br>Quesadillas                                                                                                                                                                                               | CLOSED                                         |

V vegetarian

VG vegan

 better for you