

7WTC CAFE | WEEKLY MENU

September 8th- September 12th

Café is open Tuesday to Thursday from 7:30am to 2:30pm. Thrive is available for Grill & Deli Monday through Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT BREAKFAST MARKET				
Closed	Cage-Free Scrambled Eggs V	Loaded Eggs, Bacon & Cheese Frittata	Cage-Free Scrambled Eggs V	Closed
	Vegetables Egg Whites Frittata V	Herbs Scrambled Egg Whites V	Roasted Vegetables Egg White Swiss Cheese Frittata V	
	Breakfast Potatoes VG	Roasted Vegetables VG	Hashbrown Potatoes VG	
	Pork Sausage Links	Apple Chicken Sausage	Turkey Sausage	
COLD BREAKFAST MARKET				
Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams				
HOT CEREAL				
	Plain Oatmeal VG Cream of Wheat V	Plain Oatmeal VG Grits V	Plain Oatmeal VG Cornmeal Porridge V	Closed
SOUP ELECTIONS				
Closed	Asopao de pollo (chicken and rice)	Italian Wedding Meatball	Tomato Basil Bisque V	Closed
HOT KITCHEN TABLE				
Closed	Pollo Guisado Bacalao (salted cod) Moro de Habichules VG Plantains VG	Chicken Marsala Haddock w/ Lemon-caper Sauce V Lemon Herb Pasta VG Italian Vegetable Medley VG	Patriot Day Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG	Closed
		FEATURED CHEFS TABLE		
		American Apple Pie		
THRIVE APP ORDER-GRILL SPECIAL				
Standard Grill Menu available on Thrive	Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa Served w/ fries	Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa Served w/ fries	Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa Served w/ fries	Standard Grill Menu available on Thrive

MARKET SALAD BAR

Salad Greens, Fresh Vegetable Crudités & Fruit, Wholesome Beans & Grains, Lean

Proteins & Cheeses, Salad Dressings & Vinaigrettes, Toppings

Raw Food: A Selection of Seasonal, Nutrient-Dense Salads in Their Most Natural State Antipasti: Daily

Selection of Seasonal Marinated & Grilled Vegetables, Grain & Bean Salad