

7WTC CAFE | WEEKLY MENU

Café is open Tuesday to Thursday from
7:30am to 2:30pm

July 21st – July 25th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT BREAKFAST MARKET				
Closed	Cage-Free Scrambled Eggs Vegetables Egg Whites  Frittata Breakfast Potatoes  Pork Sausage	Loaded Eggs, Bacon & Cheese Herbs Scrambled Egg Whites  Turkey Sausage Roasted Vegetables 	Cage-Free Scrambled Eggs Roasted Vegetables & Gouda Homefries Pork Bacon	Closed
COLD BREAKFAST MARKET				
Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams				
HOT CEREAL				
	Plain Oatmeal  Cream of Wheat	Plain Oatmeal  Grits	Plain Oatmeal  Cornmeal Porridge	Closed
SOUP ELECTIONS				
Closed	Cream Of Broccoli V	Tomato Bisque V	Garden Vegetable VG	Closed
HOT KITCHEN TABLE				
Closed	Chicken Tikka Masala Jeera Rice (Cumin Rice) VG Saag Aloo (Spinach & Potatoes) VG Vegetable Samosa V Naan Bread V	Al Pastor Pork Cod Veracruzano Safron Rice VG Roasted Calabasita VG	Chicken Picatta Eggplant Rollatini V Lemon & Parmesan Broccoli V Aglio e Olio Pasta (Garlic & Olive Oil) VG	Closed
THRIVE APP ORDER-GRILL SPECIAL				
Standard Grill Menu available on Thrive	Grill Special: Chicken Milanese Sandwich, Golden Crispy Chicken, Heirloom Tomatoes, Shave Parm, Balsamic Drizzle	Grill Special: Chicken Milanese Sandwich, Golden Crispy Chicken, Heirloom Tomatoes, Shave Parm, Balsamic Drizzle	Grill Special: Chicken Milanese Sandwich, Golden Crispy Chicken, Heirloom Tomatoes, Shave Parm, Balsamic Drizzle	Standard Grill Menu available on Thrive


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

V vegetarian

VG vegan

 better for you