



# BeWell Bistro

January 19<sup>th</sup> – January 23<sup>rd</sup>  
 Breakfast 6:30am - 10:30am  
 Lunch 11:00am - 2:00pm

If you have a food allergy, please notify us

V- Vegan

GF – Gluten Free

\* Gluten-Free bread available to substitute upon request.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS	Closed In Observance of Martin Luther King Day	Classic Lentil	Split Pea	Beef Barley	Clam Chowder
EXPLORER		<u>TACO TUESDAY</u>	<u>CUBA</u>	<u>COMFORT</u>	<u>QUESADILLA</u>
		Taco Meat	Ropa Vieja	Herb Brined Turkey Breast w/ Gravy	<b>Protein:</b> Chicken Shrimp
		Chicken Fajitas	Mojo Chicken	Beef Stew	<b>Filler:</b> Peppers Onion Corn Salsa Black Beans Salsa
		Corn Esquite	Maduros	Vegetable Medley	<b>Served With:</b> Salsa Sour Cream
		Stewed Beans	Moro Rice	Roasted Garlic Mashed Potato	
SUPER SALADS		Cilantro Lime Rice	<u>Antipasti</u> Avocado Citrus Salad	<u>Antipasti</u> Broccoli Caesar	
			Cuban Cabbage Salad	Butternut Quinoa Salad	
		<u>Superfood Salad</u> <sub>(GF)</sub> <b>Tex-Mex Salad</b> – Romaine, Corn, Peppers, tomato, Black Beans, Onion, Parmesan, Avocado Ranch Dressing <i>Build Your Own Salad Bowl</i> *			
RUSTICO			<u>Twisted Chicken Caesar Wrap</u> Buffalo Chicken, Lettuce, Roasted Peppers, Tomato, Parmesan Cheese, Caesar Dressing	<u>Pesto Turkey Sandwich</u> Turkey, Provolone, Lettuce, Tomato, Banana Peppers, Roasted Peppers, Pesto Mayo	
CHALKBOARD GRILL		<i>Build Your Own Sandwich</i> *			
		<u>BREAKFAST GRILL SPECIAL</u> <b>Blueberry Pancakes</b> – Topped with Blueberry Compote & Powdered Sugar			
		<u>LUNCH GRILL SPECIAL</u> <b>BBQ Chicken Burger</b> – Cheddar Cheese, Coleslaw, Pickles, Crispy Onions			
		<u>FEATURED DAILY</u> 50/50-Burger*   Simply Seared Seafood*   Turkey Burger* Herb Chicken Paillard*   Chipotle Black Bean Burger* <b>All Chalkboard Grill Selections Includes One Side</b>			