



BeWell Bistro

January 19th – January 23rd
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		Classic Lentil	Split Pea	Beef Barley	Clam Chowder
EXPLORER	Closed In Observance of Martin Luther King Day	<u>TACO TUESDAY</u> Taco Meat Chicken Fajitas Corn Esquite Stewed Beans Cilantro Lime Rice	<u>CUBA</u> Ropa Vieja Mojo Chicken Maduros Moro Rice <u>Antipasti</u> Avocado Citrus Salad Cuban Cabbage Salad	<u>COMFORT</u> Herb Brined Turkey Breast w/ Gravy Beef Stew Vegetable Medley Roasted Garlic Mashed Potato <u>Antipasti</u> Broccoli Caesar Butternut Quinoa Salad	<u>QUESADILLA</u> <u>Protein:</u> Chicken Shrimp <u>Filler:</u> Peppers Onion Corn Salsa Black Beans Salsa <u>Served With:</u> Salsa Sour Cream
SUPER SALADS				<u>Superfood Salad</u> (GF) Tex-Mex Salad – Romaine, Corn, Peppers, tomato, Black Beans, Onion, Parmesan, Avocado Ranch Dressing	<u>Build Your Own Salad Bowl</u> *
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					<u>Build Your Own Sandwich</u> *
					<u>BREAKFAST GRILL SPECIAL</u> Blueberry Pancakes – Topped with Blueberry Compote & Powdered Sugar
					<u>LUNCH GRILL SPECIAL</u> BBQ Chicken Burger – 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*
					All Chalkboard Grill Selections Includes One Side