



BeWell Bistro

October 20th – October 24th
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	Italian Wedding	Broccoli Cheddar	Tomato Bisque	Chicken Noodle	Clam Chowder
EXPLORER	<u>DIWALI</u>	<u>TACO TUESDAY</u>	<u>GREECE</u>	<u>HUNGARY</u>	<u>PIZZA FRIDAY</u>
	Tandoori Chicken	Taco Meat	Lemon Oregano Chicken	Chicken Paprikash	By the Slice Individual Pies
	Palak Paneer	Carnitas	Shrimp Saganaki	Pork & Cabbage Stew	BBQ Chicken Hero
	Vegetable Samosa	Tex-Mex Calabaza	Briam Vegetable Medley	Caraway Scented Roasted Beets	Chicken Cordon Bleu Stromboli
	Basmati Rice	Stewed Beans	Orzo Pilaf	Herb Roasted Potatoes	Baked Ziti
	<u>Antipasti</u>	Tomato Rice	<u>Antipasti</u>	<u>Antipasti</u>	Garlic Knot Beef Patties
	Kachumber Salad		Green Bean Salad	String Bean & Mushroom Salad	
	Chana Salad		Greek Salad	Tomato Salad	
SUPER SALADS	<u>Superfood Salad</u> ^(GF) Tex Mex Grain Bowl – Farro, Quinoa, Barley, Arugula, Roasted Sweet Potato, Roasted Zucchini, Marinated Corn Salad, Creamy Cilantro Vinaigrette <i>Build Your Own Salad Bowl</i> *				
RUSTICO	<u>Asian Chicken Wrap</u> Marinated Chicken, Shredded Cabbage, Carrot, Corn, Edamame, Sweet Chili Mayo		<u>Be Well Caprese</u> Mozzarella, Tomato, Roasted Pepper, Pesto, Balsamic Glaze <i>Build Your Own Sandwich</i> *		
CHALKBOARD GRILL	BREAKFAST GRILL SPECIAL Be Well Breakfast Wrap – Scrambled Egg, Spinach, Mushroom, Provolone				
	LUNCH GRILL SPECIAL Chicken Quesadilla – Onions, Peppers, Salsa, Sour Cream				
	FEATURED DAILY 50/50-Burger* Simply Seared Seafood* Turkey Burger* Herb Chicken Paillard* Chipotle Black Bean Burger* All Chalkboard Grill Selections Includes One Side				