



BeWell Bistro

November 11th – November 15th

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	Baked Potato Vegetable Minestrone	Broccoli Cheese Chicken Noodle	Corn Chowder Chicken Dumpling	Tomato Bisque Chicken Noodle	Clam Chowder Southwest Bean
EXPLORER	<u>GNOCCHI BAR</u>	<u>GLOBAL</u>	<u>GLOBAL</u>	<u>GLOBAL</u>	<u>GLOBAL</u>
	Baked Taco Gnocchi	Taco Meat	Pollo Guisado	Chicken Saag	Sumac Salmon
	Sage Pumpkin Gnocchi	Chipotle Chicken	Beef Stew	Lamb Tikka Masala	Chermoula Shrimp
	Creamy Spinach Artichoke Gnocchi	Tex-Mex Medley	Stewed Pinto Beans	Aloo Mutter Gobi	Zucchini Medley
	Cheese Sauce Gnocchi	Stewed Black Beans	Maduros	Vegetable Samosa	Wild Rice
Roasted Carrots	Spanish Style Barley	Steamed Rice	Basmati Rice		
SUPER SALADS / RUSTICO	<u>Superfood Salad</u> _(GF)		<u>BLT Traviganza</u>		
	Fennel Apple Salad – Shaved Fennel, Celery, Roasted Apples, Parmesan, Cranberries, Shallot Vinaigrette		Turkey, Bacon, Avocado, Lettuce, Tomato, Mayo		
	<i>Build Your Own Salad Bowl</i>		<u>Tuscan Prosciutto Caprese</u>		
			Prosciutto, Mozzarella, Tomato, Spinach, Sundried Tomato Spread, Balsamic Glaze		
			<i>Build Your Own Sandwich *</i>		
CHALKBOARD GRILL	<u>BREAKFAST GRILL SPECIAL</u> - Breakfast Quesadilla				
	<u>BREAKFAST GRILL SPECIAL</u> - Ham Egg & Cheese Croissant Sandwich				
	<u>BBQ SALMON BURGER</u> – Coleslaw, Crispy Onions, Tomato, Onion				
	<u>PASTRAMI RUEBEN</u> – Sauerkraut, Swiss Cheese, 100 Island Dressing				
	<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					