



BeWell Bistro

December 1st – December 5th

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>JAMAICA</u> Brown Stewed Chicken Curry Shrimp Fried Plantains Calypso Rice <u>Antipasti</u> Caribbean Salad Mixed Bean Salad	<u>TACO TUESDAY</u> Taco Meat Chipotle Shrimp Tex-Mex Calabaza Stewed Beans Mexican Rice	<u>WING BAR</u> Lemon Pepper Korean Style Mojito Lime Sunkist Orange Mozzarella Sticks Jalapeno Poppers <u>Antipasti</u> Italian Pasta Salad Broccoli Caesar Sald	<u>MEDITERRANEAN</u> Yogurt Marinated Chicken Lamb Tagine w/ Dried Fruit Roasted Zucchini & Peppers Couscous Pilaf <u>Antipasti</u> Gigante Bean Salad Pearl Couscous Tomato Salad	<u>PIZZA FRIDAY</u> By the Slice Individual Pies Chicken Parmesan Hero Meatball Stromboli Chicken Alfredo Pasta Bowl w/ Broccoli Garlic Knot Beef Patties	
	SUPER SALADS	<u>Superfood Salad</u> ^(GF) Squash Festival – Acorn Squash, Spinach, Tri-Color Quinoa, Red Onion, Goat Cheese, Cranberries, Sunflower Seeds, Walnuts, Maple Cider Vinaigrette <i>Build Your Own Salad Bowl *</i>				
	RUSTICO	<u>Aaliyah’s Ultimate Wrap</u> Breaded Chicken, Provolone, Lettuce, Tomato, Onion, Cucumber, Jalapeno, Chipotle Ranch		<u>Be Well Italian Stallion</u> Ham, Pepperoni, Copa, Salami, Mozzarella, Lettuce, Tomato, Onion, Sundried Tomatoes Spread <i>Build Your Own Sandwich *</i>		
	CHALKBOARD GRILL	BREAKFAST GRILL SPECIAL Tex-Mex Breakfast Wrap – Scrambled Egg, Bacon, Guacamole, Salsa, Pepperjack				
		LUNCH GRILL SPECIAL Twisted Hernandez Wrap – Grilled Chicken, Bacon, Pepperjack, Lettuce, Tomato, Pickles, Chipotle Mayo				
		FEATURED DAILY 50/50-Burger* Simply Seared Seafood* Turkey Burger* Herb Chicken Paillard* Chipotle Black Bean Burger* All Chalkboard Grill Selections Includes One Side				