



# BeWell Bistro

March 24<sup>th</sup> – March 28<sup>th</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	Garden Vegetable	Broccoli Cheddar	Butternut Black Bean Chili	Chicken Noodle	Clam Chowder
EXPLORER	<u>INDIA</u>	<u>TACO TUESDAY</u>	<u>ASIAN TRAVELS</u>	<u>COMFORT</u>	<u>PIZZA FRIDAY</u>
	Tandoori Chicken	Taco Meat	Bulgogi Beef w/ Kim Chi	Maple Brined Turkey Breast w/ Gravy	By the Slice
	Paneer & Chickpea Tikka Masala	Mojito Lime Shrimp	Chicken In Black Bean Sauce	Cider Braised Chicken w/ Caramelized Onion Sauce	Individual Pies
	Curried Broccoli Cauliflower Medley	Tex-Mex Vegetable Medley	Bok Choy Mushroom Medley	Vegetable Medley	Calzones
	Bombay Potatoes	Stewed Beans	Fried Rice	Mashed Potatoes	Stromboli's
	Tomato Rice			Garlic Knot	
SUPER SALADS	<p><u>Superfood Salad</u><sup>(GF)</sup></p> <p><b>Gazpacho Salad</b> – Arugula, Heirloom Tomato, Cucumber, Peppers, Red Onion, Chickpeas, Feta, Cilantro Vinaigrette</p> <p><i>Build Your Own Salad Bowl *</i></p>				
RUSTICO	<p><u>Curried Chicken Wrap</u></p> <p>Shredded Cabbage, Shredded Carrots, Raisins</p>		<p><u>Ultimate Veggie Sandwich</u></p> <p>Portobello, Zucchini, Yellow Squash, Eggplant, Roasted Pepper, Alfalfa Sprout, Sundried Tomato Spread</p> <p><i>Build Your Own Sandwich *</i></p>		
CHALKBOARD GRILL	<p><b>BREAKFAST GRILL SPECIAL</b></p> <p><b>Breakfast Burrito</b> – Scrambled Egg, Peppers, Onion, Salsa</p>				
	<p><b>LUNCH GRILL SPECIAL</b></p> <p><b>Asian Chicken Burger</b> – Provolone, Pickled Cucumber, Cabbage Carrot Slaw. Sweet Chili Mayo</p>				
	<p><b>FEATURED DAILY</b></p> <p>50/50-Burger*   Simply Seared Seafood*   Turkey Burger* Herb Chicken Paillard*   Chipotle Black Bean Burger*</p> <p><b>All Chalkboard Grill Selections Includes One Side</b></p>				