



# BeWell Bistro

March 30<sup>th</sup> – April 3<sup>rd</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
SOUP	Minestrone	Broccoli Cheddar	Corn Chowder	Chicken Dumpling	Clam Chowder
EXPLORER	<u>TAKE-OUT</u> Beef & Broccoli Kung Pao Shrimp Sesame String Bean Medley Egg Fried Rice <u>Antipasti</u> Bok Choy Mushroom Medley Noodle Salad	<u>TACO TUESDAY</u> Taco Meat Pollo Asado Corn Esquite Refried Beans Yellow Rice	<u>PASTA BAR</u> Cheeseburger Casserole Gnocchi Pesto Primavera Chicken & Broccoli Mac & Cheese Broccoli Medley <u>Antipasti</u> Garden Salad Watermelon Feta Salad	<u>COMFORT</u> BBQ Ribs BBQ Chicken Creamed Spinach Mashed Potatoes <u>Antipasti</u> Pasta Salad Chopped Salad	<u>NACHO STATION</u> Tricolor Tortillas Tater Tots Marinated Shrimp Marinated Chicken Grilled Steak Guacamole Sour Cream Black Beans Scallions Jalapeno Corn
	<i>Superfood Salad</i> <sup>(GF)</sup> <b>Falafel Salad</b> – Mixed Greens, Falafel, Tomatoes, Onions, Cucumbers, Chickpeas, Radish, Lemon Tahini Dressing  <i>Build Your Own Salad Bowl</i> *				
RUSTICO	<u><i>BBQ Chicken Wrap</i></u> BBQ Chicken, Pepperjack Cheese, Guacamole, Shredded Cabbage, Tomato, Pickle		<u><i>Tuscan Turkey Sandwich</i></u> Turkey, Provolone, Spinach, Tomato, Roasted Peppers, Alfalfa Sprouts, Sundried Tomato Pesto		
<i>Build Your Own Sandwich</i> *					
CHALKBOARD GRILL	<b>BREAKFAST GRILL SPECIAL</b> <b>Monte Cristo</b> – Ham & Swiss on French Toast Bread				
	<b>LUNCH GRILL SPECIAL</b> <b>Chicken Caesar Panini</b> – Grilled Chicken, Bacon, Cabbage Medley, Avocado, Parmesan, Caesar Dressing				
	<b>FEATURED DAILY</b> 50/50-Burger*   Simply Seared Seafood*   Turkey Burger* Herb Chicken Paillard*   Chipotle Black Bean Burger*  All Chalkboard Grill Selections Includes One Side				