



BeWell Bistro

March 9th – March 13th
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 | Minestrone | Broccoli Cheddar | Tomato Bisque | Chicken Noodle | Clam Chowder |
| EXPLORER | <p><u>THAILAND</u></p> <p>Chicken Coconut Curry</p> <p>Root Vegetable Red Curry</p> <p>Vegetable Stir Fry</p> <p>Jasmine Rice</p> <p><u>Antipasti</u></p> <p>Peanut Noodle Salad</p> <p>Thai Cucumber Salad</p> | <p><u>TACO TUESDAY</u></p> <p>Taco Meat</p> <p>Carnitas</p> <p>Tex-Mex Zucchini</p> <p>Refried Beans</p> <p>Tomato Rice</p> | <p><u>GREEK</u></p> <p>Chicken Kebab Meatballs</p> <p>Greek Style Pork Chops</p> <p>Green Bean Fasolakia</p> <p>Lemon Potatoes</p> <p><u>Antipasti</u></p> <p>Greek Orzo Salad</p> <p>Watermelon Feta Salad</p> | <p><u>PERU</u></p> <p>Pollo a la Brasa</p> <p>Lomo Saltado</p> <p>Stewed Pinto Beans</p> <p>Arroz Blanco</p> <p><u>Antipasti</u></p> <p>Ensalada Turka</p> <p>Cabbage Slaw</p> | <p><u>PIZZA FRIDAY</u></p> <p>By the Slice Individual Pies</p> <p>Pastrami Rueben</p> <p>Pepperoni Rolls</p> <p>Chicken Rolls</p> <p>Shrimp Puttanesca Pasta</p> <p>Garlic Knot Beef Patties</p> |
| SUPER SALADS | <p><u>Superfood Salad</u>^(GF)</p> <p>Orange Beet Salad – Romaine, Orange Segments, Roasted Beets, Onion, Cucumber, Goat Cheese, Citrus Vinaigrette</p> <p><i>Build Your Own Salad Bowl</i> *</p> | | | | |
| RUSTICO | <p><u>Buffalo Bacon Chicken Sandwich</u></p> <p>Buffalo Chicken, Bacon, Shredded Cabbage, Carrots, Pickles, Blue Cheese Dressing</p> | | <p><u>Mediterranean Falafel Wrap</u></p> <p>Falafel, Hummus, Lettuce, Tomato, Cucumber, Onion, Red Pepper, Parsley, Tzatziki</p> <p><i>Build Your Own Sandwich</i> *</p> | | |
| CHALKBOARD GRILL | <p>BREAKFAST GRILL SPECIAL</p> <p>Be Well Egg White Wrap – Avocado, Spinach, Tomato, Pepperjack</p> | | | | |
| | <p>LUNCH GRILL SPECIAL</p> <p>Steak Quesadilla – Onions, Peppers, Salsa, Sour Cream</p> | | | | |
| | <p>FEATURED DAILY</p> <p>50/50-Burger* Simply Seared Seafood* Turkey Burger* Herb Chicken Paillard* Chipotle Black Bean Burger*</p> <p>All Chalkboard Grill Selections Includes One Side</p> | | | | |