



BeWell Bistro

April 20th – April 24th
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	Vegetarian Lentil	Broccoli Cheddar	Southwest Chicken Tortilla	Chicken Noodle	Clam Chowder
EXPLORER	<p><u>MEDITERRANEAN</u></p> <p>Chicken Shawarma</p> <p>Mediterranean Shrimp</p> <p>Turkish Vegetable Casserole</p> <p>Saffron Yellow Rice</p> <p><u>Antipasti</u></p> <p>Roasted Garlic Hummus</p> <p>Jerusalem Salad</p>	<p><u>TACO TUESDAY</u></p> <p>Taco Meat</p> <p>Enchilada Chicken</p> <p>Corn Esquite</p> <p>Stewed Beans</p> <p>Mexican Rice</p>	<p><u>WING BAR</u></p> <p>Lemon Pepper</p> <p>Garlic Parmesan</p> <p>Honey BBQ</p> <p>Buffalo</p> <p>Broccoli Medley</p> <p>Mac & Cheese</p> <p><u>Antipasti</u></p> <p>Crudité</p> <p>Caesar Salad</p>	<p><u>JAMAICA</u></p> <p>Brown Stewed Chicken</p> <p>Curried Shrimp</p> <p>Fried Plantains</p> <p>Calypso Rice</p> <p><u>Antipasti</u></p> <p>Caribbean Salad</p> <p>Cucumber Salad</p>	<p><u>PIZZA FRIDAY</u></p> <p>By the Slice</p> <p>Cuban Sandwich</p> <p>Beef, Broccoli & Cheddar Stromboli</p> <p>Spaghetti Bolognese w/ Garlic Bread</p> <p>Beef Patties</p>
SUPER SALADS	<p><u>Superfood Salad</u>^(GF)</p> <p>Mexican Caesar – Romaine, Parmesan, Tomato, Corn, Black Beans, Peppers, Crispy Tortilla, Chipotle Caesar</p> <p><i>Build Your Own Salad Bowl</i> *</p>				
RUSTICO	<p><u>Aaliyah's Chicken Ranch Wrap</u></p> <p>Breaded Chicken, Bacon, Lettuce, Tomato, Shredded Carrot, Roasted Peppers, Chipotle Avocado Ranch Dressing</p>		<p><u>Firecracker Tuna Melt</u></p> <p>Chipotle Tuna Salad, Tomato, Pepperjack Cheese</p> <p><i>Build Your Own Sandwich</i> *</p>		
CHALKBOARD GRILL	<p>BREAKFAST GRILL SPECIAL</p> <p>Breakfast Quesadilla– Scrambled Egg, Peppers, Onion, Salsa</p>				
	<p>LUNCH GRILL SPECIAL</p> <p>Steak Quesadilla– Onions, Peppers, Sour Cream, Salsa</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>				