



# BeWell Bistro

June 23<sup>rd</sup> – June 27<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	Minestrone	Broccoli Cheddar	Corn Chowder	Chicken Dumpling	Clam Chowder
EXPLORER	<u>TAKE-OUT</u>  Beef & Broccoli  Kung Pao Shrimp  Bok Choy Mushroom Medley  Vegetable Egg Fried Rice	<u>TACO TUESDAY</u>  Taco Meat  Pollo Asado  Tex-Mex Zucchini  Stewed Beans  Yellow Rice	<u>PASTA BAR</u>  Chicken Pot Pie Bake  Tuscan Shrimp Tortellini Bake  Spinach Artichoke White Baked Ziti  Cauliflower Broccoli & Carrot Medley	<u>COMFORT</u>  BBQ Ribs  BBQ Chicken  Maple Glazed Carrots  Mac & Cheese	<u>NACHO STATION</u>  Tricolor Tortillas Tater Tots  Chili Marinated Chicken Grilled Steak  Guacamole Sour Cream Red Beans Scallions Jalapeno Corn
SUPER SALADS	<p><i>Superfood Salad</i><sup>(GF)</sup></p> <p><b>Falafel Salad</b> – Mixed Greens, Falafel, Tomatoes, Onions, Cucumbers, Chickpeas, Radish, Lemon Tahini Dressing</p> <p><i>Build Your Own Salad Bowl</i> *</p>				
RUSTICO	<p><u><i>BBQ Chicken Wrap</i></u>            BBQ Chicken, Pepperjack Cheese, Guacamole, Shredded Cabbage, Tomato, Pickle</p> <p><u><i>Tuscan Turkey Sandwich</i></u>            Turkey, Provolone, Spinach, Tomato, Roasted Peppers, Alfalfa Sprouts, Sundried Tomato Pesto</p> <p><i>Build Your Own Sandwich</i> *</p>				
CHALKBOARD GRILL	<p><b>BREAKFAST GRILL SPECIAL</b></p> <p><b>Banana Bread Waffles</b> – Served with Fresh Bananas, Powdered Sugar &amp; Syrup</p>				
	<p><b>LUNCH GRILL SPECIAL</b></p> <p><b>Texas Burger</b> – Cheddar, Fried Egg, Pickle, Caramelized Onion, BBQ Chips, BBQ Sauce, Texas Toast Bun</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>				