



BeWell Bistro

June 8th – June 12th
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	Mushroom Bisque	Broccoli Cheddar	Corn Chowder	Chicken Dumpling	Clam Chowder
EXPLORER	<u>EASTERN EUROPE</u> Chicken Paprikash Kielbasa w/ Sauerkraut Braised Red Cabbage Roasted Potatoes <u>Antipasti</u> Beet Salad Creamy Cucumber Salad	<u>TACO TUESDAY</u> Taco Meat Salsa Verde Shrimp Tex-Mex Zucchini Refried Beans Cilantro Lime Rice	<u>PUERTO RICO</u> Pollo Guisado Pernil Maduros Arroz Con Gandules <u>Antipasti</u> Avocado Salad Macaroni Salad	<u>COMFORT</u> Herb Roasted Turkey Breast w/ Gravy Classic Meatloaf w/ Gravy Brussel Sprouts Carrot Medley Mashed Potatoes <u>Antipasti</u> Broccoli Caesar Watermelon Strawberry Caprese	<u>FIRE ROASTED FISH</u> <u>Fish</u> Shrimp Salmon <u>Broth</u> Caribbean Tomato Thai Coconut Orange Cilantro Chipotle <u>Sides</u> Multigrain Pilaf Roasted Potatoes Vegetable Medley
SUPER SALADS	<u>Superfood Salad</u> ^(GF) Summer Refresher – Mixed Greens, Strawberries, Onion, Orange Segments, Goat Cheese, Almonds, Cranberries, Balsamic Dressing <i>Build Your Own Salad Bowl</i> *				
RUSTICO	<u>Twisted Chicken Caesar Wrap</u> Buffalo Chicken, Lettuce, Roasted Peppers, Tomato, Parmesan Cheese, Caesar Dressing		<u>Crunchy Veggie Ranch Egg Sandwich</u> Egg Salad, Celery, Peppers, Onion, Scallion, Lettuce <i>Build Your Own Sandwich</i> *		
CHALKBOARD GRILL	<u>BREAKFAST GRILL SPECIAL</u> Breakfast Rueben – Scrambled Egg, Pastrami, Sauerkraut, Swiss Cheese, Russian Dressing, Rye Toast				
	<u>LUNCH GRILL SPECIAL</u> Mexican Philly Cheesesteak – Onions, Peppers, Jalapeno, Pepperjack, Chipotle Mayo				
	<u>FEATURED DAILY</u> 50/50-Burger* Simply Seared Seafood* Turkey Burger* Herb Chicken Paillard* Chipotle Black Bean Burger* All Chalkboard Grill Selections Includes One Side				