



BeWell Bistro

July 20th – July 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
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 Stewed Beans Scallions Jalapeno Corn Salad
SUPER SALADS	<u>Superfood Salad</u> ^(GF) Falafel Salad – Mixed Greens, Falafel, Tomatoes, Onions, Cucumbers, Chickpeas, Radish, Lemon Tahini Dressing <i>Build Your Own Salad Bowl *</i>				
RUSTICO	<u>BBQ Chicken Wrap</u> BBQ Chicken, Pepperjack Cheese, Guacamole, Shredded Cabbage, Tomato, Pickle <u>Tuscan Turkey Sandwich</u> Turkey, Provolone, Spinach, Tomato, Roasted Peppers, Alfalfa Sprouts, Sundried Tomato Pesto <i>Build Your Own Sandwich *</i>				
CHALKBOARD GRILL	BREAKFAST GRILL SPECIAL Monte Cristo – Ham & Swiss on French Toast				
	LUNCH GRILL SPECIAL Chicken Caesar Panini – Grilled Chicken, Bacon, Cabbage Medley, Avocado, Parmesan, Caesar Dressing				
	FEATURED DAILY 50/50-Burger* Simply Seared Seafood* Turkey Burger* Herb Chicken Paillard* Chipotle Black Bean Burger* All Chalkboard Grill Selections Includes One Side				