



BeWell Bistro

July 21st – July 25th
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>ASIAN TRAVELS</u> Bulgogi Beef w/ Kim Chi Chicken in Black Bean Sauce Fried Rice <u>Antipasti</u> Sesame Mushroom Medley Noodle Salad	<u>TACO TUESDAY</u> Taco Meat Tex-Mex Shrimp Tex-Mex Calabaza Stewed Beans Yellow Rice	<u>PASTA BAR</u> Cajun Andouille Bake Shrimp Tortellini Florentine Creamy Pesto Chicken Gnocchi <u>Antipasti</u> Garden Salad Caprese Salad	<u>COMFORT</u> BBQ Ribs BBQ Chicken Mac & Cheese <u>Antipasti</u> Corn Salad Potato Salad	<u>ROTISSERIA</u> Peruvian Roasted Chicken w/ Aji Verde Salsa Rotisserie Style Chicken w/ Hot Honey Glaze Creamed Corn Vegetable Medley Waffle Fries Whole Grain Pilaf
SUPER SALADS	<u>Superfood Salad</u> ^(GF) Chimichurri Salad – Marinated Chicken, Romaine, Cherry Tomato, Roasted Peppers, Corn, Black Beans, Chimichurri Vinaigrette <i>Build Your Own Salad Bowl</i> *				
RUSTICO	<u>Be Well Curried Chicken Salad</u> <u>Wrap</u> Curried Chicken Salad, Celery, Cranberries, Chickpeas, Cucumber, Peppers, Arugula				
	<u>Tuscan Turkey Sandwich</u> Turkey, Provolone, Spinach, Tomato, Roasted Peppers, Alfalfa Sprouts, Sundried Tomato Pesto <i>Build Your Own Sandwich</i> *				
CHALKBOARD GRILL	<u>BREAKFAST GRILL SPECIAL</u> Blueberry Oat Waffles – Topped with Blueberry Compote & Powdered Sugar				
	<u>LUNCH GRILL SPECIAL</u> Beef Cheesesteak – Thinly Sliced Beef, Onions, Peppers, Provolone, Ketchup, 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				