



BeWell Bistro

August 31 – September 4th
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	Chicken Tortilla	Classic Lentil	Beef Barley	Chicken Dumpling	Clam Chowder
EXPLORER	<u>INDIA</u> Chicken Tikka Masala Aloo Gobi Potato Samosa Basmati Rice <u>Antipasti</u> Kachumber Salad Onion Tomato Raita	<u>TACO TUESDAY</u> Taco Meat Chicken Fajitas Corn Esquite Stewed Beans Cilantro Lime Rice	<u>IRELAND</u> House made Corned Beef Irish Bangers w/ Brown Mustard Gravy Stewed Cabbage & Carrots Irish Champ <u>Antipasti</u> Irish Flag Irish Pub Salad	<u>COMFORT</u> Mediterranean Brined Turkey Breast w/ Apricot Jus Hearty Beef Stew Vegetable Medley Wild Rice Pilaf <u>Antipasti</u> Broccoli Caesar Cucumber & Pickled Onion Salad	<u>QUESADILLA</u> <u>Protein:</u> Chicken Shrimp Steak <u>Filler:</u> Peppers Onion Corn Salsa Black Beans Salsa <u>Served With:</u> Salsa Cilantro Crema Chipotle Mayo
	SUPER SALADS	<u>Superfood Salad</u> _(GF) Tex-Mex Salad – Romaine, Corn, Peppers, Tomato, Black Beans, Onion, Parmesan, Tortilla Crisps, Avocado Ranch Dressing <i>Build Your Own Salad Bowl</i> *			
RUSTICO	<u>Twisted Chicken Caesar Wrap</u> Buffalo Chicken, Lettuce, Roasted Peppers, Tomato, Parmesan Cheese, Chipotle Caesar Dressing		<u>Pesto Turkey Sandwich</u> Turkey, Provolone, Lettuce, Tomato, Banana Peppers, Roasted Peppers, Pesto Mayo <i>Build Your Own Sandwich</i> *		
CHALKBOARD GRILL	<u>BREAKFAST GRILL SPECIAL</u> BeWell Avocado Toast – Toasted Sourdough Bread, Herbed Avocado, Marinated Tomatoes & Shallot, Arugula, Sunny Side Eggs, Parmesan				
	<u>LUNCH GRILL SPECIAL</u> Texas Burger – Bacon, Fried Egg, Onions Rings				
	<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				