



BeWell Bistro

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> Caraway Braised Chicken Kielbasa w/ Sauerkraut Roasted Beets Potato Dumplings in Mushroom Cream Sauce	<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 Stewed Pinto Beans Arroz Con Gandules	<u>COMFORT</u> Herb Roasted Turkey Breast w/ Gravy Classic Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes	<u>FIRE ROASTED FISH</u> Fish Shrimp Salmon Broth Tomato Basil Balsamic Seafood Cioppino Sides 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>Hot Honey Brie Sandwich</u> Turkey, Bacon, Brie, Arugula, Hot Honey <i>Build Your Own Sandwich</i> *		
CHALKBOARD GRILL	<u>BREAKFAST GRILL SPECIAL</u> Breakfast Burrito – Scrambled Egg, Peppers, Onion, Salsa				
	<u>LUNCH GRILL SPECIAL</u> BBQ Turkey Burger – Lettuce, Tomato, Pepperjack Cheese, Crispy Onions BBQ Sauce				
	<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				