



BeWell Bistro

October 19th – October 23rd
 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	Vegetarian Lentil	Chicken Noodle	Clam Chowder
EXPLORER	<u>ITALY</u> Chicken Piccata Italian Beef Stew Garlic Parmesan Roasted Carrots Mashed Potato <u>Antipasti</u> Caprese Salad Antipasto Salad	<u>TACO TUESDAY</u> Taco Meat Carnitas Tex-Mex Calabaza Refried Beans Tomato Rice	<u>NEW ORLEANS</u> Baked Chicken w/ Creamy Cajun Sauce Shrimp Andouille Gumbo Okra Succotash Dirty Rice <u>Antipasti</u> Cajun Panzanella Salad Creole Tomato Salad	<u>PERU</u> Pollo a la Brasa Lomo Saltado Stewed Pinto Beans Arroz Blanco <u>Antipasti</u> Ensalada Turka Cabbage Slaw	<u>PIZZA FRIDAY</u> By the Slice Individual Pies Pastrami Rueben Pepperoni Rolls Roast Beef Calzone Shrimp Puttanesca Pasta Beef Patties
	SUPER SALADS	<u>Superfood Salad</u> ^(GF) Orange Beet Salad – Arugula , Orange Segments, Roasted Beets, Onion, Apples, Walnuts, Goat Cheese, Italian Vinaigrette <i>Build Your Own Salad Bowl</i> *			
RUSTICO	<u>Italian Club Sandwich</u> Mortadella, Ham, Salami, Bacon, Spinach, Artichokes, Provolone, Tomato, Pesto Aioli		<u>Sun-Dried Tomato Tuna Melt</u> Tuna Salad, Sundried Tomato, Spinach Provolone, Pesto Aioli <i>Build Your Own Sandwich</i> *		
CHALKBOARD GRILL	<u>BREAKFAST GRILL SPECIAL</u> Be Well Egg White Wrap – Avocado, Spinach, Tomato, Pepperjack				
	<u>LUNCH GRILL SPECIAL</u> DHK Chopped Cheese – DHK Burger Blend, 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				