

THE MART

July 2026

FW

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Hours:
11:00 AM - 2:00 PM

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Monday



Build Your Bowl | \$12

BASES

Cilantro Rice
Shredded Lettuce

PROTEINS

Carne Asada (+\$2)
Chicken Adobo
Ancho Tofu

TOPPINGS

Pico de Gallo, Cilantro, Onion
Shredded Lettuce, Cheese
Lime Wedges, Black Beans, Cajun
Corn

SALSA BAR

Salsa Verde
Fire-Roasted Salsa Roja
Avocado Crema
Chipotle Ranch
Cilantro Lime Sour Cream

PREMIUM ADD-ONS

Chips & Salsa | \$2.99
Extra Sauce | \$0.99



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Monday

 **FOODWORKS**
THE BEST OF LOCAL



BIG BOWL \$13.50

1. PICK A BASE

White Rice

Brown Rice

Mixed Greens

2. PICK A POKE

(Marinated or Naked)

Ahi Tuna

Salmon

Tofu

Chicken

Shrimp

Extra Protein \$3

Crispy Wontons \$2

3. PICK A HOUSE BOWL

Aloha –

Pineapple, Cucumber,
Scallions, Jalapeno, Maui
Onion

Sauce: Sesame Vinaigrette

Crunch –

Jalapeno, Cucumber,
Scallions, Edamame, Crunch

Sauce: Spicy Aioli & Samurai

Volcano –

Seaweed, Edamame,
Jalapeno, Ginger

Sauce: Volcano



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Tuesday

EW FOODWORKS
THE BEST OF LOCAL

BEATRIX *Market*

BYO GRAIN BOWLS | \$15

Greens (Choose one):

Arugula
Romaine

Grains (Choose One):

Lime Cilantro Rice
Quinoa

Protein (Choose One):

July 7th and 21st Steak
Fajita

Chicken Picadillo

July 14th and 28th

Carnitas

Picadillo Beef

Toppings (Choose 5):

Roasted Corn
Pico De Gallo
Pickled Onions
Cucumber
Bell Peppers
Black Olives
Queso Fresco
Shredded Cheddar

Dressings (Choose One):

Lime Cilantro
Spicy Red Salsa
Tomatillo Salsa



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Tuesday



BUILD YOUR OWN BOWL

BASE OPTIONS:

**Brown Butter Gnocchi | Fried Yuca | Charred Corn |
Black Bean & Quinoa Salad | Colombian Rice**

PROTEIN OPTIONS:

**Steak Kebab | \$14.00
Chicken Chuleta | \$13.00
Smoked Kielbasa | \$13.00
Chipotle Mushroom Patty | \$12.00**

ADD TOPPINGS:

**Candied Bacon | Crushed Kettle Chips |
Plantain Chips | Pickled Onions | Sofrito**

ADD SAUCE:

**Chimichurri | Hot Honey | Garlic Parmesan |
Applewood Smoked BBQ**

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Wednesday



Any Meal \$13.95 Includes basmati rice & nan bread

Chicken Tikka Taco (2pcs)

Grilled chicken topped with mint chutney diced onions carrots and cilantro on a wheat flour taco

Paneer Potato Tikka Taco(2pcs)

Homemade made spiced paneer and potato topped with chutneys onions carrots and cilantro on a wheat flour taco

Chicken Tikka Masala Oven baked chicken with peppers, onions, and spices in a homemade sauce

Ginger Chicken Battered chicken sauteed with ginger garlic soy and chili sauce

Palak Paneer Fresh spinach, onions, tomatoes and spices cooked with Indian cottage cheese cubes

Mutter Gobi A blend of cauliflower florets and green peas sauteed with spices

Sides \$3.99

Samosa potatoes, peas, and spices (2pcs)

Mango Lassi An Indian style smoothie blend of mangoes, yogurt, and cardamom



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Wednesday

 **FOODWORKS**
THE BEST OF LOCAL



protein bar & kitchen

Cobb Salad - \$14.49

Grilled chicken, turkey bacon, tomatoes, cucumber, sliced avocado, hard-boiled egg, blue cheese, romaine, and ranch dressing.

Green Goddess Salad - \$13.99

Grilled chicken, marinated mushrooms, goat cheese, turmeric chickpeas, organic rainbow carrots, spinach, arugula, green onion, hemp seed blend, and Green Goddess dressing

Southwest Salad - \$14.29

Grilled chicken, black beans, organic rainbow carrots, PBK Guac, cheddar, roasted corn, organic quinoa, grape tomatoes, romaine, spinach, and cilantro lime vinaigrette.

Superfood Vegan Salad - \$13.29

Organic roasted tofu, organic rainbow carrots, chickpeas, PBK Guac, baby spinach, kale, pickled red onion, celery, organic quinoa, hemp seed blend, and chia dressing.



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Thursday



FOODWORKS
THE BEST OF LOCAL

BIBIBOP

asian grill.

CREATE YOUR OWN BOWL

CHICKEN | \$12.50 VEGGIE | \$11.50

KOREAN BEEF | \$13.50 TOFU | \$12.50

CHOOSE YOUR BASE

PURPLE RICE | CRISPY ROMAINE

CHOOSE YOUR TOPPINGS

SWEET POTATO NOODLES (HOT) | BLACK BEANS (HOT)

Cheese | Corn | Carrots | Pickled Onions | Cucumbers

CHOOSE YOUR SAUCE

Yum Yum | Teriyaki | Sesame Ginger

Gochujang | Spicy Sriracha

SIDES

KIMCHI | \$4.50

Pineapple | \$4.50

Extra Protein | \$4.00



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Thursday



FOODWORKS
THE BEST OF LOCAL



OLIVE MEDITERRANEAN GRILL

OMG PLATE | \$14.00

CHOICE OF GRAIN:

TURMERIC RICE | MOROCCAN COUS COUS (WHEAT)

CHOICE OF PROTEIN (*HALAL):

CHICKEN SHAWARMA (MILD) | *SPICY CHICKEN

KABOB

FALAFEL

CHOICE OF SALAD:

MEDITERRANEAN SALAD | CHICKPEA SALAD

Choice of Spread:

HUMMUS | PERUVIAN YOGURT (DAIRY)

**HUMMUS AND PITA
(WHEAT) | \$4.50**



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Friday



FOODWORKS
THE BEST OF LOCAL

JoJo's shakeBAR

Chicken Caesar Wrap \$14

Grilled chicken, lettuce, croutons, freshly shaved parmesan, Caesar dressing

Buffalo Chicken Wrap \$14

Fried chicken, lettuce, tomato, mozzarella, buffalo, ranch

Caesar Salad \$14

Romaine, crouton, parmesan, Caesar dressing,

Add fried or grilled chicken +\$4

Health Nut \$14

Romaine, grape tomato, strawberry, almond, dried cranberry, avocado, feta, honey mustard vinaigrette

Add fried or grilled chicken +\$4

Baked Mac 'N' Cheese \$16.95

Cavatappi pasta, 6-cheese blend, herb & parmesan breadcrumbs

Add Buffalo fried or grilled chicken +\$4

Monster Cookies \$4

Oatmeal Walnut Chocolate Chunk

Friday

FOODWORKS
THE BEST OF LOCAL



Roasted Lemon Chicken Bowl | \$15

With Greek-style rice, salad, and pita

Vegetarian Sampler Bowl | \$15

With dolmas, falafel, hummus, salad, and pita

Falavocado Pita | \$14

**Tomatoes, onions, lettuce, falafel, and avocado with
tzatziki sauce**

Oven Baked Spinach Feta Pie | \$10

SIDES & DESSERTS

HUMMUS WITH PITA | \$5 FALAFEL (2) | \$3

Pita Chips | \$3 Feta & Kalamata Olives | \$5

Baklava (1) | \$5



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