

THE MART OCTOBER

FW

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



BELL HEIR'S BBQ

IT'S A
WRAP



JoJo's
shakeBAR



FLASH
TACO

Hours:
11:00 AM - 2:00 PM

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Monday



IT'S A
WRAP



Make it a Wrap or Quesadilla

PHILLY CHEESE STEAK | \$13.00

Tender steak, melted provolone, onions, and peppers with choice of wrap

ROASTED OR BUFFALO CHICKEN CAESAR | \$12.00

Tender chicken, lettuce, garlic croutons, tomatoes, and creamy Caesar dressing

CALIFORNIA TURKEY | \$11.00

Cheese, turkey, bacon, tomato, and lettuce

VEGETARIAN | \$10.00

Assorted sautéed vegetables and cheese

ADD A SIDE TO ANY WRAP/QUESADILLA | \$3.00

ADD BACON | \$1.50

TORTILLA CHOICES:

Flour | Tomato | Spinach | Garlic & Herb | Jalapeño Cheddar | Wheat

SIDES | \$5.00

Classic Potato Salad | Pasta Salad



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Monday

EW FOODWORKS
THE BEST OF LOCAL



RAMEN & RICE BOWL | \$12.99

Creamy tonkotsu broth with egg noodles, chasu pork belly, corn, carrots, red cabbage, bamboo shoots, scallions, sesame seeds, and a hint of togarashi for spice

CHICKEN TERIYAKI | \$12.99

Chicken in our house-made teriyaki sauce, served over rice with carrots, red pepper, onion, and broccoli

BEEF BULGOGI | \$12.99

Sliced beef marinated in our special bulgogi sauce, stir-fried with onions and carrots and served over rice



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Tuesday



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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Tuesday



CLASSIC ITALIAN | \$11.99

Genoa salami, capicola, prosciuttini, onion, provolone, oil, salt, pepper, oregano, lettuce, tomato

HOMEMADE TURKEY | \$11.99

Slow-roasted hand pulled turkey, no sliced cold cuts here, and topped with provolone, lettuce, tomato, onion, and mayo.

AMERICAN WAGYU BEEF | \$13.99

Beef slow roasted and piled high with mayo, onion, pepper, oregano and topped with provolone, lettuce, and tomatoes

CLASSIC CLUB | \$12.99

Slow-roasted, hand-pulled turkey, prosciuttini peppered ham, hickory-smoked, hand-cured bacon, and provolone cheese topped with lettuce, tomatoes, onions, and mayo

WAGYU CLUB | \$13.99

Slow-roasted, hand-pulled turkey, hickory-smoked bacon, and American Wagyu beef from Snake River Farms. layered with provolone cheese, lettuce, tomatoes, onions, and mayo.

SIDES

Brownies | \$3.69 Cookie | \$2.49

Chips & Cookie | \$4.49

Wednesday

EW FOODWORKS
THE BEST OF LOCAL



LAMB CURRY | \$14.00

An Indian lamb curry with a heady combination of intense spices in a creamy tomato curry sauce (dairy), served with white rice, salad and naan bread (wheat)

BUTTER CHICKEN | \$13.00

Made with chicken, spices, tomatoes and cream. Its sauce is known for its rich texture, served with white rice, salad and naan bread (wheat). Extra chicken +\$7.00

CHICKEN MANDI | \$14.00

Slow cooked chicken served over a bed of fragrant, spiced rice, known for its unique smoky flavor and texture. The cooking method involves the chicken and rice cooking in an oven (tandoor) or over wood-fired coals, allowing the meat to remain dewy and infuse the rice with flavor.

PANEER TIKKA MASALA | \$12.00

A popular Indian curry with cubes of paneer (Indian cottage cheese - dairy), onions and peppers are marinated with yogurt and spices, grilled and then tossed in a creamy tomato-based curry (dairy), served with white rice, salad and naan bread (wheat)

SIDES

Naan (wheat) | \$3.00

Mango Lassi (dairy) | \$5.00



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Wednesday



JoJo's shakeBAR

ELOTE COBB SALAD WITH FRIED CHICKEN | \$14.00

Romaine, grilled corn, cotija cheese, pickled red onion, avocado, cherry tomato, cilantro, chipotle ranch dressing

CHARLESTON WRAP | \$14.00

Fried chicken, lettuce, tomato, cucumber, mozzarella, honey mustard. Includes one side.

WINDY CITY SMASH BURGER | \$14.00

Two beef patties, American cheese, onion, tomato, pickle, mustard, and relish on a sesame seed bun. Includes one side

TOMATO BISQUE

CUP | \$6.00

SIDES | \$3.00

Coleslaw | Potato Salad | Potato Chips

DESSERT

Lemon blueberry Monster Cookie | \$4.50



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Thursday

EW FOODWORKS
THE BEST OF LOCAL



COMBOS

Comes with a side of homemade chips or fresh fruit

ITALIAN BEEF SANDWICH | \$14.99

SMOKED TURKEY & SWISS SANDWICH | \$12.99

7" MINI DEEP DISH PIZZA (4 SLICES) | \$14.50

CHEESE | SAUSAGE | PEPPERONI

ENTREE

RIGATONI ALA VODKA ENTREE | \$13.00

DESSERT

COOKIE | \$2.00

BROWNIE | \$4.00



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Thursday

FOODWORKS
THE BEST OF LOCAL



GRYO | CHICKEN | FALAFEL

WRAPS | \$12.00

Choice of protein inside a pita with onions, tomatoes, and tzatziki sauce

SALADS | \$14.00

Choice of protein served over a bed of lettuce and topped with onions, tomatoes, and Italian dressing

GREEK BOWLS | \$15.00

Choice of protein served over rice and topped with onions, tomatoes, and tzatziki sauce

SIDES & DESSERTS

Hummus with Pita | \$5.00 Falafel (2) | \$3.00

Pita | \$1.00 Tzatziki | \$1.00

Dolmades (2 stuffed grape leaves) | \$3.00

Baklava (1) | \$5.00

Friday



FOODWORKS
THE BEST OF LOCAL



TACOS | \$5.00

Traditional Mexican: Protein with cilantro, onion, cheese

Gringo: Protein, fresh pico de gallo, cheese

Burrito | \$14.00

Protein choice, beans, rice, lettuce, fresh pico de gallo, sour cream, cheese, and salsa

Burrito Bowl | \$15.00

White garlic poblano rice or yellow tomato rice

Black Beans or Pinto Beans

Protein Choice

Toppings: Lettuce | Pico de gallo | Sour cream | Jalapeños | Cheese

Protein Choices (Extra Protein | \$4.00)

Steak Adobada | Chicken Tinga | Beef Barbacoa | Carnitas | Grilled Vegetables

Tamales | \$3.00 each

Chicken in green salsa

Pork in red salsa

Veggie (Poblano, pepper, and cheese)



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EW FOODWORKS
THE BEST OF LOCAL

BELL HEIR'S BBQ



COMBO PLATES | \$14.00

Served with choice of two sides
Smoked Rib Tips | BBQ Chicken Tenders
Jerk Chicken Quarter

ENTREE | \$10.00

Smoked Rib Tips | BBQ Chicken Tenders
Jerk Turkey

SIDES | \$4.00

Macaroni & Cheese (dairy)
BBQ Baked Beans with Bacon
Coleslaw (dairy)
Cornbread



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