

THE MART

October 2026

FW

MONDAY

RK
RAMEN KINGDOM

TUESDAY

KAMEXI

WEDNESDAY

 protein bar

THURSDAY

Aloha
POKÉ CO

FRIDAY

Bodhi Thai


POLOMBIA
POLISH COLOMBIAN CUISINE

BEATRIX
Market

-Kia.bioib-it


TACOMOTORA
MEXICAN STREET FOOD

WE'RE
CLOSED
TODAY

Hours:
11:00 AM - 2:00 PM

Scan code to let us know if you
are enjoying the program



OUR MENU

Monday



Korean Style Ramen \$9.99

Served with
Carrots, Onion, Green Onion, Cabbage, Zucchini

Choose Your Base:

Spicy Or Mild

Add Protein:

Tofu

Chicken

Egg

Shrimp (+\$2.39)

Extra Protein (+\$2.39)

Founded by Korean entrepreneur Eunjin Lee, Foodville celebrates cultures from around the world through authentic food while creating opportunities and building a diverse, community-driven team.



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#BESTOFLocal

OUR MENU

Monday

Polish Heritage Month Specials

Pierogis \$13

Chicken Or Vegetarian

Polish Gnocchi \$13

w/ Choice of Protein- Smoked Kielbasa Or
Braised Short Rib

Sal Chi Papa \$13

golden fried potatoes, smoked kielbasa,
garlic & tomato aioli, pineapple glaze,
chives.

Pączki Short Rib Sammy \$13

Pączki Vegetarian Burger \$12



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*Created by Cynthia
Orobio and Chef
Phillipe Sobon,
Polombia
celebrates their
immigrant family
roots by bringing
the flavors of
Colombia and
Poland together in
a unique fusion of
Latin American and
European cuisine.*

OUR MENU

Tuesday



Chicken Katsu Plate \$15

Panko Fried Chicken Breast Served With Steamed Rice, Cabbage, Japanese Mayo, Katsu Sauce

Katsu Sando \$7

Panko Fried Chicken Breast, With Cabbage, Katsu Sauce, Japanese Mayo, On A Hamburger Bun

Stir-fried Rice Noodles (Pansit Bihon) \$14

Rice Noodles With Mixed Vegetables

Sides

Pork Bao Buns w/ Cucumber and Plum Sauce \$5

Chicken Katsu \$5

Steamed Gyoza Dumplings (Chicken) \$6

Vegetable Spring Rolls \$5

Miso Soup \$3.50

Kameya brings together fresh sushi and comforting ramen with Japanese favorites in a casual Chicago neighborhood and Korean-inspired flavors setting.



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OUR MENU

Tuesday

Comfort Food | \$15

Tuesday, October 6th

Protein:

Rotisserie Chicken

Sides (Choose 2):

**Mac & Cheese or
Mashed Potatoes or
Buttered Corn**

Optional Add-Ons **\$4.95**

Chicken & Kale Soup

Broccoli Cheddar Soup

BEATRIX
Market

*Beatrix Market brings the
Beatrix philosophy of
healthful comfort food to a
fast, market-style
experience featuring fresh
meals, baked goods, and
locally roasted coffee for
Chicago's busy workday.*



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#BESTOFLOCAL

OUR MENU

Tuesday

Mexican | \$15

Tuesday, October 13th

Protein:

**Chicken Picadillo or
Carnitas**

Sides (Choose 2):

Mexican Rice or

**Vegan Pinto Beans or
Baja Vegetables**

Optional Add-Ons \$4.95

Black Bean & Chorizo

Poblano Corn Chowder

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#BESTOFLOCAL

OUR MENU

Tuesday

Italian | \$15

Tuesday, October 20th

Protein:

**Chicken Arrabiata or
Italian Sausage**

Sides (Choose 2):

**Roasted Spaghetti Squash or
Baked Ziti or
Creamy Polenta**

Optional Add-Ons \$4.95

Italian Wedding Soup

Cream of Tomato Basil

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OUR MENU

Tuesday

Game Day | \$15

Tuesday, October 27th

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Protein:

**Buffalo Chicken Meatballs or
Polish Sausage w/ Sauerkraut**

Sides (Choose 2):

**Corn Pudding or
Mashed Potatoes or
BBQ Beans**

Optional Add-Ons **\$4.95**

Turkey Chili

Chickpea Tomato

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#BESTOFLOCAL

OUR MENU

Wednesday



protein bar & kitchen

Cobb Salad Or Wrap - \$14.49

Grilled Chicken, Turkey Bacon, Tomatoes, Cucumber, Sliced Avocado, Hard-boiled Egg, Blue Cheese, Romaine, & Ranch Dressing.

Green Goddess Wrap - \$13.99

Grilled Chicken, Marinated Mushrooms, Goat Cheese, Turmeric Chickpeas, Organic Rainbow Carrots, Spinach, Arugula, Green Onion, Hemp Seed Blend, & 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, & Chia Dressing.

Born from a small Chicago storefront in 2009, Protein Bar & Kitchen helped redefine fast food as "fast fuel" with protein-packed shakes, bowls, salads, and wraps built for healthy, on-the-go eating.



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#BESTOFLOCAL

OUR MENU

Wednesday



All Kabob Meals Come With Yellow Rice, Mixed Green Salad, Warm Naan Bread (Wheat), And Choice Of Sauce:

Honey, Garlic Ginger | Mango Habanero | Chimichurri | Blueberry Vinegar

Jerk Beef Brisket | \$15.00

Slow-cooked And Seasoned With A Spicy Caribbean Marinade

Chicken | \$12.00

Tender Marinated Chicken Skewered And Grilled To Perfection

Salmon Or Shrimp | \$13.00

Marinated And Grilled To Perfection

Eggplant Parmesan (V) | \$11.00

Layers Of Breaded And Fried Eggplant, Marinara Sauce, And Mozzarella Cheese Baked Until Bubbly

Inspired by generations of family cooking, Kabob-it combines halal proteins, fresh local vegetables, and flavorful spices to make wholesome, nutritious eating both delicious and accessible.



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OUR MENU

Thursday

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

*Born from a
humble Chicago
food stall, Aloha
Poke Co.*

*rethinks fast
food with fresh,
healthy bowls
featuring sushi-
grade fish and
Hawaiian-
inspired
ingredients.*



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#BESTOFLOCAL

OUR MENU

Thursday



Tacos

- Asada** Onion, Cilantro **\$6.95**
- Al Pastor** Onion, Cilantro **\$6.95**
- Barbacoa** Onion, Cilantro **\$6.95**
- Birria** Onion, Cilantro **\$6.95**
- Gringo Taco** Lettuce, Sour Cream, Cheese, Steak **\$6.95**
- Ribeye** Pico De Gallo, Guac **\$7.99**
- Shrimp** Coleslaw, Cilantro **\$7.35**
- Fish** Coleslaw, Cilantro **\$7.35**
- Veggie** Corn, Onion, Lettuce, Cilantro, Beans, Rice, Guac, Tomatoes, Sour Cream, And Cheese **\$6.50**
- Chicken Milanese** Lettuce, Guac, Chipotle Sauce **\$6.95**

Munchies

- Mexican Style Corn** **\$6.99**
- Street Nachos** **\$12**
- Chips & Guacamole** **\$8.99**
- Chips & Queso** **\$6.99**

Drinks Horchata **\$6.99**

Dessert Churro **\$5** (2) Churros **\$8**

Family-owned and fueled by a love of Mexican street food, Tacomotora brings fresh, local ingredients and imaginative flavors to Chicago with its fun-loving motto, "Eat Tacos, Be Happy."

Burritos Or Bowls \$14.99

Choose Asada, Al Pastor, Chicken, Veggie, Or Shrimp w/ Rice, Beans, Lettuce, Tomatoes, Cheese, Sour Cream, Cilantro, Onion, & Guac

3 Cheesy Birria Tacos \$14.99

Onion, Cilantro

Quesadillas Regular \$8.49

XL \$12.99

Steak, Al Pastor, Or Chicken



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OUR MENU

Friday



Pick Any 2 Curries for \$13.99

THAI CHICKEN GREEN CURRY

Tangy rich blend of spices, broth, and seared chicken,
Served over jasmine rice

THAI RED CURRIED VEGETABLES

Spicier and deep rich flavors from the Thai Red Curry,
Served over jasmine rice

THAI VEGETABLE NOODLES

Chow mien noodles stir-fried with soy and chili sauce,
With a blend of vegetables

SIDES | \$4

Vegetable Spring Rolls (2)

Founded in 2009, Bodhi Fire Thai shares the warmth and authenticity of Thai home cooking through flavorful dishes that celebrate culture, connection, and hospitality.



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