

THE MART SEPTEMBER

FW

MONDAY

-Kl.a.b.o.b.-it

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



BELL HEIR'S BBQ



IT'S A
WRAP



Hours:
11:00 AM - 2:00 PM

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



Monday



All 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 KABOB MEAL | \$12.00

Tender marinated chicken skewered and grilled to perfection

SALMON (FISH) OR SHRIMP (SHELLFISH) KABOB MEAL | \$13.00

VEGGIE KABOB | \$11.00

Seasonal and colorful marinated and grilled veggie variety

SIDE

Kabob | \$8.00



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Tuesday

EW FOODWORKS
THE BEST OF LOCAL



SANDWICHES | \$14.00

All sandwiches served on rye (wheat) and come with
cheese (dairy) and pickles

Make it a REUBEN - Sauerkraut & Thousand Island
(dairy) - for an additional \$2.00

CORNERED BEEF

PASTRAMI

TURKEY

SIDES

Chips | \$3.00



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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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Wednesday

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 Turkey

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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Wednesday

EW FOODWORKS
THE BEST OF LOCAL



KIEŁBASA PERRO | \$14.00

Smoked Polish sausage sandwich (wheat) topped with garlic & tomato aioli (dairy), house pickles, pineapple glaze, crushed kettle chips

SAL CHI PAPA | \$13.00

A twist on the classic South American street food. Golden fried potatoes, smoked kielbasa (wheat), garlic & tomato aioli (dairy), pineapple glaze, chives.
Substitute coffee braised short rib +\$2.00

EMPAROGI (5)

PIEROGI + EMPANADA = EMPAROGI (DAIRY WHEAT)
Mashed potatoes, sofrito, ricotta, caramelized onions, chives
Vegetarian \$13.00 | Coffee braised short rib \$15.00

AREPA (2) | \$15.00

Cornmeal & cheese (dairy) patties with your choice of braised short rib, roasted chicken, kielbasa (wheat)

SIDES

Golden Fried Potatoes | \$5.00

Coleslaw | \$5.00

with beets, carrots, cabbage, mustard vinaigrette

Kiełbasa (wheat) | \$7.00



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Thursday

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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Thursday

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 DUM BIRYANI (BONE-IN) | \$14.00

Made with tender chunks of chicken in a creamy (dairy), spicy blend of onion, garlic, tomatoes and Indian spices, with salad and pickle

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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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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Friday



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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