

URBAN MRKT

March 31st – April 4th

Dining Hours

Breakfast - 7:00a.m.-10:00a.m.

Lunch - 11:00 a.m. -2:00 p.m.

Grab & Go Available All-Day Monday 7am-Friday 2pm

Restaurant Associates

HOSPITALITY EXCELLENCE
PREMIER CLIENTS

BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD BAR	Fresh Cut Fruit, Low Fat Yogurt, Granola, Selection of Bagels, Muffins, Danish				
MADE TO ORDER OMELETS *	Create Your Own Omelet & Hashbrown Skillet				
CHALKBOARD GRILL	Buttermilk Pancakes Made to Order Breakfast Sandwiches Breakfast Tacos Eggs (any style) Sides : Hash Browns, Bacon, Sausage Patties & Links				
KITCHEN TABLE	Hot Breakfast Bar Scrambled Eggs, Potatoes, Daily Special (Below), Vegetable, Pork Sausage				
	French Toast Bake with Pecans	Biscuits & Gravy	Quinoa & Eggs with Asparagus, Peas & Herbs	Smokey Tofu Scramble with Garlic Chili Oil	Chilaquiles
LADLE	Classic Oatmeal Citrus Mango Oatmeal Grits	Classic Oatmeal Strawberry Coconut Oatmeal Grits	Classic Oatmeal Banana Chia Oatmeal Grits	Classic Oatmeal Raspberry Lemon Oatmeal Grits	Classic Oatmeal Blueberry Bourbon Oatmeal Grits
GRAB & GO	Assortment of Ready-to-Eat Breakfast Sandwiches & Warm Breakfast Pastries				

LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHALKBOARD GRILL & SMASHBURGER	Smash Burgers, Grilled Chicken Sandwich, House-Made Veggie Burger, Chicken Tenders, JPMC Crispy Chicken Sandwich Sides : Fries, Onion Rings, Sweet Potato Fries, Carrots & Celery				
KITCHEN TABLE	<u>Earth Friendly (Meatless)</u> Portobello Pasta (VT) Quinoa Ratatouille (V) Mediterranean Barley (VT) Spring Bulgur Wheat Pilaf, Green Peas, Asparagus (VT) Sides: Parmesan Cheese, Chili Flakes, Roasted Pepper Yogurt Dressing	<u>Chinese</u> Sesame Chicken Stir Fried Lo Mein Noodles Spicy Bok Choy and Water Chestnuts (V) Steamed White Rice (V) Sides: Toasted Sesame Seeds, Chili Garlic, Stir Fry Sauce, Green Onion	<u>BBQ</u> Carolina Style Chicken White Cheddar Mac and Cheese (VT) Roasted Potato Wedges with Herbs (V) Steamed Broccoli (V) Side: Yellow Mustard BBQ, Sweet & Hot BBQ	<u>Chicken Gyros</u> Pita Bread Garlic Herb Chicken Grilled Zucchini and Red Onion Fries Side: Tzatziki, Greek Salad, Feta Cheese	<u>National Carrot Day</u> Carrot Chermoula Roast Pork Loin Garlic Carrots with Herbs (V) Carrot-Potato Mash (VT) Carrot Gravy (V) Warm Carrot Cake with Cream Cheese Glaze (VT) Side: Carrot Chermoula, Carrot-Serrano Sour Cream
LADLE	Chicken Tortilla Soup Red Pepper/Gouda (VT) Turkey Chili	Tomato Basil Bisque (VT) Baked Potato with Ham Beef Chili	Corned Beef Stew Potato Leek (VT) Chicken Chili	Chicken Noodle Garden Vegetable (VT) Pork Chili	Clam Chowder Cream of Broccoli Chicken Vegetable Chili (VT)
DELI	Made to Order Sandwiches Sides : House Chips, Coleslaw, Potato Salad, Pasta Salad, Carrots & Celery				
AL FORNO	Hand Tossed Pizza, Calzones, Lasagna, and Side Salads				
LA COCINA	Burritos, Bowls, Salads and Tacos Weekly Special Protein: Adobo Blackened Shrimp				
STIR FRY	Mixed Vegetables, Choice of Rice or Noodle Base, Choice of Protein, Add a Sauce				
THE COUNTER	The Urban: Roast Turkey, Swiss, Bacon, Thousand Island, Coleslaw, Multigrain The Tuscan: Grilled Chicken, Provolone, Roasted Red Pepper, Spinach, Pesto Mayo, Ciabatta The Pilsen: Chicken Cutlet, Cheddar, Pepper Jack, Salsa Verde, Chipotle Mayo, Wheat Wrap The Tuna: Tuna Salad, Provolone, Red Onion, Bibb Lettuce, Tomato, Pretzel Bun The Torta: Ham, Cheddar, Lettuce, Tomato, Red Onion, Mayo, Yellow Mustard, Torta Bread The Caprese (VT): Beefsteak Tomatoes, Fresh Mozzarella, Basil, Arugula, Balsamic Dressing, Oat Bun Carved Sandwich Special: Smoked Beef Brisket, Mezcal BBQ Sauce, Cider Slaw, Onion Rings, Texas Toast				
BARBANZO	Build-Your-Own Mediterranean Bowls with Choice of Grains, Proteins, and Toppings				
SALAD BAR	An Array of Fresh Seasonal Vegetables with Toppings and Dressings Featured Section: Spring Salads				