

# URBAN MRKT

June 30<sup>th</sup> – July 4<sup>th</sup>

## 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

\*Café Closing at 1pm Thursday, Closed Friday for Fourth of July\*

**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				Closed – Happy Fourth of July!
MADE TO ORDER OMELETS *	Create Your Own Omelet & Hashbrown Skillet				
CHALKBOARD GRILL	Buttermilk Pancakes Made to Order Breakfast Sandwiches Breakfast Tacos Eggs (any style) Weekly Special  Sides : Hash Browns, Bacon, Sausage Patties & Links  Special: Shrimp and Sage Pork Toastie				
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	
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	
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 Special: Cajun Fried Catfish with Cheesy Grits and Creole Butter																													
KITCHEN TABLE	<u>Green Fork</u>  Lemon Herb Grilled Tofu (V)  Kale and White Bean Casserole (V)  Curried Chickpea and Potato (V)  Cauliflower and Garlic (V)  Sides: Lemon Yogurt and Sambal					<u>Mediterranean</u>  Lemon Saffron Rice (VT)  Orzo with Spinach and Tomato (VT)  Braised Pork  Warm Pita  Sides: Tzatziki, Crumbled Feta, Chopped Tomato					<u>Backyard BBQ</u>  Potato au Gratin  Street Corn (VT)  Buttermilk Fried Chicken  Pork Ribs  Cornbread Muffins  Sides: Sweet BBQ Sauce, Mustard BBQ Sauce					<u>Wings &amp; Things</u>  Korean BBQ Wings  Jerk Wings  Achiote Orange Wings  Fries (VT)  Steamed Broccoli (V)  Sides: Carrots & Celery, Ranch, Bleu Cheese					Closed – Happy Fourth of July!									
LADLE	Red Pepper Gouda (VT) Cream of Broccoli Chicken Turkey Chili					Tomato Basil Bisque (VT) Italian Wedding Soup Beef Chili					Garden Vegetable (VT) Beef Barley Chicken Chili					Clam Chowder Chicken Noodle Soup Vegetable Chili														
DELI	Made to Order Sandwiches Special: Southwest Chicken Sandwich 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																													
STIR FRY	Mixed Vegetables, Choice of Rice or Noodle Base, Choice of Protein, Add a Sauce																													
THE COUNTER	<b>The Urban:</b> Roast Turkey, Swiss, Bacon, Thousand Island, Coleslaw, Multigrain <b>The Tuscan:</b> Grilled Chicken, Provolone, Roasted Red Pepper, Spinach, Pesto Mayo, Ciabatta <b>The Pilsen:</b> Chicken Cutlet, Cheddar, Pepper Jack, Salsa Verde, Chipotle Mayo, Wheat Wrap <b>The New Yorker:</b> Shaved Pastrami, Swiss, Pickle, Sauerkraut, Whole Grain Mustard, Marble Rye <b>The Tuna:</b> Tuna Salad, Provolone, Red Onion, Bibb Lettuce, Tomato, Pretzel Bun <b>The Garden Roast (VT):</b> Roasted Squash, Zucchini, Bell Pepper, Eggplant, Basil Pesto, Goat Cheese on Focaccia <b>Carved Sandwich Special:</b> Pulled Pork Sandwich, Spicy Sweet Pickles, Coleslaw, Eastern Carolina BBQ Sauce, Brioche																													
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: Summer Picnic																													