

Week of August 6th

breakfast: 6:45 to 9:30 / lunch: 11:30am to 1:30pm / snacks: 1:30pm to 3:00pm

# THIS WEEK'S

## FEATURES

<b>MON</b>	<b>breakfast</b>	3.09
	<i>spanish egg scramble w/ onion, bell peppers, tomato &amp; black olives</i>	
	<b>fork &amp; flour</b>	5.99
	<i>made to order personal pizza</i>	
	<b>kitchen &amp; co.</b>	6.99
<i>2 tamales w/ salsa &amp; sour cream, spanish rice &amp; re-fried pinto beans</i>		
	<b>grab and go bar</b>	1.49/5.99
<i>chicken fingers, mozzarella sticks, soft pretzels</i>		
	<b>flame</b>	6.09
<i>philly cheesesteak w/ sauteed onions, peppers &amp; provolone cheese</i>		
<b>TUE</b>	<b>breakfast</b>	3.09
	<i>breakfast sandwiches at the deli</i>	
	<b>kitchen &amp; co.</b>	6.99
	<i>chicken parmesan w/ basil pomodoro, steamed green beans &amp; garlic breadstick</i>	
	<b>fork &amp; flour</b>	3.99
	<i>make it three - 2 slices of pizza and a 20oz bottled beverage</i>	
	<b>roots &amp; seeds</b>	5.99
<i>caesar salad w/ shrimp, sun dried tomato, olives, cucumber, radish, crouton &amp; parmesan cheese</i>		
	<b>just burgers</b>	6.09
<i>bbq-cheddar &amp; caramelized onion burger on brioche bun</i>		
<b>WED</b>	<b>breakfast</b>	3.09
	<i>2 vanilla-blueberry pancakes w/ hash browns</i>	
	<b>FIT meal</b>	6.99
	<i>1/4 roasted chicken w/ roasted sweet potato &amp; asparagus spears</i>	
	<b>create exhibition</b>	\$5.99/\$6.99
	<i>made to order stir fry noodle bar - add shrimp or chicken</i>	
	<b>fork &amp; flour</b>	3.09
<i>bbq bacon, spinach &amp; caramelized onion flatbread w/ feta cheese</i>		
	<b>flame</b>	6.09
<i>made to melt - smoked ham &amp; cheddar melt on texas toast w/ tomato &amp; dijonaise</i>		
<b>THU</b>	<b>breakfast</b>	3.09
	<i>breakfast sandwiches at the deli</i>	
	<b>kitchen &amp; co.</b>	6.99
	<i>beef stroganoff w/ buttered egg noodles &amp; garden peas</i>	
	<b>fork &amp; flour</b>	3.99
	<i>your choice: meat lover's or veggie lover's calzone</i>	
	<b>roots &amp; seeds</b>	5.99
<i>southwest crispy chicken salad w/ tomato, corn, black beans, scallions, tortilla strips cheddar cheese &amp; chipotle ranch dressing</i>		
	<b>flame</b>	6.09
<i>turkey burger patty melt w/ caramelized onions, swiss cheese &amp; 1000 island</i>		
<b>FRI</b>	<b>breakfast</b>	2.19
	<i>two biscuits with house made sausage gravy</i>	
	<b>kitchen &amp; co.</b>	6.99
	<i>baked tilapia w/ peach salsa, vegetable rice pilaf &amp; broccoli florets</i>	
	<b>fork &amp; flour</b>	2.09
	<i>pizza by the slice</i>	
	<b>milkshake and sundae bar</b>	2.99
	<b>flame</b>	6.09
<i>crab cake sandwich on brioche w/ american cheese, lettuce, tomato &amp; mayo</i>		

## SOUP

- MONDAY**  
three bean & swiss chard / chicken florentine
- TUESDAY**  
tomato basil bisque / split pea & ham
- WEDNESDAY**  
vegetable minestrone / corn chowder
- THURSDAY**  
garden vegetable / chicken orzo
- FRIDAY**  
soupe de jour

need catering for your next meeting?  
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or call: extension 3912

## SANDWICHES

- monday | 4.99**  
smoked turkey & provolone on demi baguette
- tuesday | 4.99**  
corned beef reuben on marble rye
- wednesday | 4.99**  
virginia ham, salami & swiss on pretzel hoagie w/ dijonaise
- thursday | 4.99**  
hickory pulled pork sandwich on brioche
- friday | 4.99**  
buffalo cauliflower wrap w/ asian slaw

QUESTIONS?

Diana McAleenan | Director | <https://eurestcafes.compass-usa.com/CNH>  
Mark Jackson | Executive Chef | 630.887.3912