

EAT. DRINK. SOCIALIZE.

FM7 CAFE

Monday - Friday
6:30 am - 02:00 pm

APRIL 22ND

(V) VEGETARIAN (VG) VEGAN



WEEKLY BREAKFAST SPECIALS

SIMPLY BREAKFAST (Monday) Biscuits and Sausage Gravy	5.39
SIMPLY BREAKFAST (Tuesday) Chilaquiles with Chorizo	6.49
SIMPLY BREAKFAST (Wednesday) Farmhouse Breakfast Bowl with Sausage and Gravy	6.49
SIMPLY BREAKFAST (Thursday) Ham, Egg, and Brie Croissant Breakfast Sandwich	6.49
SIMPLY BREAKFAST (Friday) Blackberry Lemon Waffle (V)	6.49

MON

CANTINA Chicken Burrito with Assorted Toppings	7.69
CA REPUBLIC Triple Pepper and Bacon Cheeseburger with Side of Fries	8.65
CRUST Vegetarian Ricotta Asparagus and Rosemary Mushroom Pizza (V)	8.65
CREATE Lomo Saltado Peruvian Beef Stir Fry or Vegetarian Style with Seitan (V)	9.70
PLATED Earth Week: Plantiful Bowl	9.70

TUES

CANTINA Vegetarian Chili Cauliflower and Chickpea Tacos (V) with Sides of Rice and Beans	7.99
CA REPUBLIC Triple Pepper and Bacon Cheeseburger with Side of Fries	8.65
CRUST **Meal Deal** Pepperoni and Salami Panini With Baker's Chips	5.99
CREATE Teriyaki Chicken or Teriyaki Tofu (V) Stir Fry Noodle Bowl	9.70
PLATED Chicken Bhuna Masala or Vegetable Bhuna Masala Plate	9.70

WED

CANTINA Chicken Machaca Rice Bowl	7.95
CA REPUBLIC Shrimp Po'Boy Sandwich With Side of Fries	9.70
CRUST Chicken and Basil Pesto Calzone	8.65
CREATE Pasta Puttanesca with Pork or Eggplant	9.70
PLATED Poke Bowl with Choice of Tofu (V) or Ahi Tuna	9.70 10.25

THURS

CANTINA Nachos with Choice of Protein and Assorted Toppings	7.55
CA REPUBLIC Vegetarian Nashville Incogmeato "Chik'n" Sandwich with Potato Wedges	7.99
CRUST Vegetarian Margherita Pizza (V)	8.65
CREATE Orange Chicken or Orange Tofu (V) Stir Fry Over Rice	9.70
PLATED Lamb and Beef Gyro or Falafel Gyro (V)	9.70

FRI

CANTINA Shrimp Aguachile Tostada with Sides of Rice and Beans	9.70
CA REPUBLIC Vegetarian Nashville Incogmeato "Chik'n" Sandwich with Potato Wedges	7.99
CRUST Chipotle Southwest Black Bean Burger Wrap with Bakers Chips and Kale Cabbage Slaw	7.99
CREATE Greek Style Stir Fry with Choice of Chicken or Mushroom (V) Over Quinoa	9.70
PLATED Vegetarian or Beef Lasagna with Side Salad and Garlic Bread	8.65

MONTHLY FEATURES

FUNCTIONAL FOODS LEGUMES @ CANTINA

04.23 - Chicken Machaca Bowl with Black Beans, Cilantro Brown Rice, Jicama Radish Salad 7.95

EARTH WEEK CELEBRATIONS

04.22 - Plantiful Bowl: Bok Choy, Butternut Squash, Edamame, Farro, Peanut Sauce @ **PLATED** 9.70

04.23 - Vegetarian Tacos Featuring Chili Rubbed Chickpea and Cauliflower, Topped with Pico De Gallo, and Sides of Rice and Beans @ **CANTINA** 7.99

04.24 - Stop Food Waste Day: Skin on Salmon Fillet, Arugula Caprese Salad with Charred Asparagus Chimichurri @ **CHEF TABLE** 10.99

04.25 - Nashville Incogmeato "Chik'n" Sandwich with Potato Wedges @ **CA REPUBLIC** 7.99

04.26 - Chipotle Southwest Black Bean Burger Wrap, Bakers Chips, Cabbage Kale Slaw @ **CRUST** 7.99



ORDER AHEAD
AND SCAN &
PAY FROM
YOUR PHONE!



SOUPS

MONDAY

Caribbean Beef Curry	4.77
Bombay Vegetable Curry (V)	4.77

TUESDAY

Cream of Chicken	4.77
Garden Vegetable (V)	4.77

WEDNESDAY

Beef Chili	4.77
3 Bean Vegan Chili (Vg)	4.77

THURSDAY

Chicken Spinach and Barley	4.77
Cream of Broccoli (V)	4.77

FRIDAY

Clam Chowder	4.77
Corn Chowder (V)	4.77

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