

EAT. DRINK. SOCIALIZE.

FM7 CAFE

Monday – Friday
6:30 am – 02:00 pm

APRIL 29TH

(V) VEGETARIAN (VG) VEGAN



WEEKLY BREAKFAST SPECIALS

SIMPLY BREAKFAST (Monday) Biscuits and Sausage Gravy	5.39
SIMPLY BREAKFAST (Tuesday) Chorizo Mushroom Egg Scramble with Tortillas	5.39
SIMPLY BREAKFAST (Wednesday) Loaded Quiche with Bacon	5.39
SIMPLY BREAKFAST (Thursday) Croissant Breakfast Sandwich	6.49
SIMPLY BREAKFAST (Friday) Blueberry Oatmeal Pancakes with Honey and Whipped Cream	5.39

MON

CANTINA Taco Salad with Choice of Protein and Assorted Toppings	7.69
CA REPUBLIC Ultimate Patty Melt on Sourdough with Fries	8.65
CRUST Meat Lover's Pizza	8.65
CREATE Pasta Tossed with Chicken or Portobello Mushroom, Veggies, and Caper Cream Sauce	9.70
PLATED Ancho Honey Glazed Salmon or Tofu, Smashed Potatoes, Tarragon Green Beans	9.70 8.65

TUES

CANTINA Chicken Fajitas Plate with Rice, Beans, Tortillas	7.99
CA REPUBLIC Ultimate Patty Melt on Sourdough with Fries	8.65
CRUST **Meal Deal** Cubano Hot Pressed Sandwich With Baker's Chips	5.99
CREATE Soy Ginger Noodle Bowl Stir Fry With Choice of Pork or Sesame Tofu	9.70
PLATED Pork Adobo or Eggplant Adobo, Garlic Fried Rice, Jicama Pepper Salad	8.65

WED

CANTINA Chicken Tostada Plate with Rice and Beans	8.65
CA REPUBLIC Grilled Pickled Chicken Sandwich With Side of Onion Rings	8.65
CRUST Pepperoni Peppers Onions Calzone	8.65
CREATE Choice of Seafood Cioppino or Vegetarian Tempeh Cioppino	10.25 9.70
PLATED Chicken Katsu or Incogmeato "Chik'n", Coconut Rice, Hawaiian Mac Salad, Pineapple Mango Salsa	8.65

THURS

CANTINA Carne Asada Burrito Smothered in Cheese Sauce Horchata	9.70 1.99
CA REPUBLIC Grilled Pickled Chicken Sandwich with Side of Onion Rings	8.65
CRUST Spicy Hawaiian BBQ Pizza	8.65
CREATE Spicy Cashew Chicken or Spicy Cashew Tofu Stir Fry Rice Bowl	9.70
PLATED Shrimp or Mushroom Etouffee, Dirty Rice, Cornbread, Voodoo Sauce	9.70

FRI

CANTINA Pork Tamale with Rice and Beans	6.80
CA REPUBLIC Outdoor BBQ on the Patio!	6.99 7.99
CRUST Spicy Hawaiian BBQ Pizza	8.65
CREATE Cheese Ravioli Tossed with Chicken or Eggplant and Pesto Alfredo Sauce	9.70
PLATED Apple Cider Pork or Tofu, Wild Rice, Roasted Carrots, Dinner Roll	8.65

CONNECT
WITH US



@INGREDIENTSCAFES



eurestcafes.compass-usa.com/Ingredients

MONTHLY FEATURES

FUNCTIONAL FOODS LEAFY GREENS @ CHEF TABLE

05. 1 – Arugula Grapefruit and Fennel Salad With Blackened Salmon and Honey Dijon Dressing 9.65

FIESTA DE MAYO @ CANTINA

05. 2 – Carne Asada Burrito Smothered in Cheese Sauce 9.70 and Horchata 1.99



ORDER AHEAD
AND SCAN &
PAY FROM
YOUR PHONE!



SOUPS

MONDAY

Chicken Green Chili	4.77
Poblano Corn Quinoa (V)	4.77

TUESDAY

Spicy Italian Kale Chorizo	4.77
Tomato Lentil (V)	4.77

WEDNESDAY

Beef Chili	4.77
3 Bean Vegan Chili (Vg)	4.77

THURSDAY

Turkey and Potato	4.77
Tomato Basil (V)	4.77

FRIDAY

Clam Chowder	4.77
Corn Chowder (V)	4.77