

EAT. DRINK. SOCIALIZE.

HF3 CAFE

Monday – Friday | 7:00am – 1:30 pm

WEEK OF OCTOBER 19TH



RISE & SHINE

BREAKFAST

Sausage, Egg, Potato and Cheese Burrito	5.00
Vegetable, Egg, Potato and Cheese Burrito	5.00
Sausage, Egg, Cheese Muffin Sandwich	4.45
Egg and Cheese English Muffin Sandwich	4.45

LUNCH

Monday - Friday

Turkey and Ham Monte Cristo with Sweet Potato Fries	8.69
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MON

GRILLS AND GREENS Southwestern Caesar Salad	6.59
Add Grilled Chicken, Beef Patty, Fried Chicken or Black Bean Patty	3.50

TUES

GRILLS AND GREENS Spinach Strawberry Salad	6.59
Add Grilled Chicken, Beef Patty, Fried Chicken or Black Bean Patty	3.50

WED

GRILLS AND GREENS Spinach Strawberry Salad	6.59
Add Grilled Chicken, Beef Patty, Fried Chicken or Black Bean Patty	3.50

THURS

GRILLS AND GREENS Spinach Strawberry Salad	6.59
Add Grilled Chicken, Beef Patty, Fried Chicken or Black Bean Patty	3.50

FRI

GRILLS AND GREENS Spinach Strawberry Salad	6.59
Add Grilled Chicken, Beef Patty, Fried Chicken or Black Bean Patty	3.50

CONNECT
WITH US



@INGREDIENTSCAFES



eurestcafes.compass-usa.com/Ingredients

WEEKLY FEATURES

SEAFOOD MONTH – TUESDAY

Seared Salmon, Smokey Corn Puree, Collard Greens and Chili Mango	12.79
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FALL STARTS HERE – THURSDAYS

Spooky Churro	5.79
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BLONDIES – FRIDAYS

Chocolate Hazelnut Brownie Blondie	2.79
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Savour
BY NEXTEP

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SOUPS

MONDAY

Thai Peanut Coconut	5.35
Hot and Sour (Vg)	5.35

TUESDAY

Cabbage Potato with Bacon	5.35
Tomato Lentil (Vg)	5.35

WEDNESDAY

Pumpkin Turkey Chili	5.35
Three Bean Vegan Chili (Vg)	5.35

THURSDAY

Pork Kale and White Bean	5.35
Smokey White Bean and Spinach (Vg)	5.35

FRIDAY

Clam Chowder	5.35
Corn Chowder (V)	5.35