



# THIS WEEK'S MENU FEATURES

NOV. 29<sup>th</sup> – DEC. 3<sup>rd</sup>, 2021

Monday – Friday

6:30 am – 2:00 pm

MONDAY	<b>Toast</b>	4.17
	<b>Fuel</b> kale, tomato, and egg white scramble bowl	
	<b>Burgerific</b>	7.56
	<b>Fuel</b> gorgonzola and pear chicken sandwich	
TUESDAY	<b>Create</b>	6.99/7.99
	<b>Fuel</b> chicken shawarma wrap or falafel wrap with spiced jasmine rice and <b>Fuel</b> mezze spiced zucchini	
	<b>Kitchen &amp; Co.</b>	6.99/7.99
	<b>Fuel</b> roasted chicken thigh, or chicken fried tempeh with garlic mashed potatoes and <b>Fuel</b> balsamic roasted brussels sprouts	
WEDNESDAY	<b>Toast</b>	4.17
	<b>Fuel</b> kale, tomato, and egg white scramble bowl	
	<b>Burgerific</b>	7.56
	<b>Fuel</b> gorgonzola and pear chicken sandwich	
THURSDAY	<b>Create</b>	6.99/7.99
	orange peel chicken or kung pao tofu served with <b>Fuel</b> fried rice and bok choy	
	<b>Kitchen &amp; Co.</b>	6.99/8.99
	homestyle beef stew or vegetarian cowboy loaf with mashed parsnips and balsamic roasted vegetables	
FRIDAY	<b>Toast</b>	4.17
	<b>Fuel</b> Mediterranean kale, tomato, and egg white scramble	
	<b>Burgerific</b>	7.30
	<b>Fuel</b> bbq chicken sandwich on whole wheat thin with roasted brussels and cabbage cranberry slaw	
FRIDAY	<b>Create</b>	6.99/8.99
	beef bourguignon or spiced chickpeas and eggplant served with mashed potatoes and <b>Fuel</b> roasted vegetables	
	<b>Kitchen &amp; Co.</b>	6.99/7.99
	<b>Fuel</b> ratatouille with chicken or orange tarragon tofu with scalloped potatoes and <b>Fuel</b> broccoli and carrots	
FRIDAY	<b>Toast</b>	4.17
	<b>Fuel</b> kale, tomato, and egg white scramble bowl	
	<b>Burgerific</b>	7.56
	<b>Fuel</b> gorgonzola and pear chicken sandwich	
FRIDAY	<b>Create</b>	6.99/7.99
	Chicken tikka masala naanwich or hummus and veggie naanwich	
	<b>Kitchen &amp; Co.</b>	6.99/9.99
	<b>Fuel</b> fennel and orange cod or honey balsamic tempeh served with <b>Fuel</b> cauliflower rice and <b>Fuel</b> Italian spiced green beans	
FRIDAY	<b>Toast</b>	4.17
	<b>Fuel</b> kale, tomato, and egg white scramble bowl	
	<b>Burgerific</b>	7.56
	<b>Fuel</b> gorgonzola and pear chicken sandwich	
FRIDAY	<b>Create</b>	6.99/7.99
	Smoked half chicken or chipotle bbq tofu served with hush puppies and creamy macaroni and cheese	
	<b>Kitchen &amp; Co.</b>	6.99/7.99
	<b>Fuel</b> honey bourbon pork or marinated tofu served with <b>Fuel</b> roasted mixed vegetables and bbq baked beans	

## DON'T MISS THIS

### Functional Food Breakfast Special

**Fuel** Mediterranean kale, tomato, and egg white scramble  
4.17 @Toast

### Functional Food Lunch Special

**Fuel** bbq chicken sandwich on whole wheat thin with roasted brussels and red cabbage cranberry slaw  
7.30 @BURGERIFIC

### Salads on the Go

asparagus goat cheese salad  
6.98

strawberry pecan salad  
6.65

