

# EAT. DRINK. SOCIALIZE.

## THE SQUARE MEAL

Monday - Friday  
Breakfast: 6:30am-9:30am  
Lunch: 10:30am-1:30pm  
Snacks / Grab & Go: 24/7

## WEEK OF AUGUST 18TH



### RISE & SHINE

#### BREAKFAST SPECIALS 5.99

- M** Florentine Omelet- Omelet with sauteed spinach and mushrooms.
- T** Spicy Crispy Chicken Breakfast Sandwich- Crispy Spicy chicken on a croissant with egg and pepperjack cheese.
- W** Peaches and Cream Pancakes- Buttermilk Pancakes with honey grilled peaches and whipped cream.
- T** Loaded Breakfast Bowl- Diner style hash with eggs, bacon, cheddar cheese, sausage, gravy and sour cream.
- F** All American- 2 pancakes, sausage and eggs

MON



- FLAME: My Hammy grilled cheese-** Ham, swiss, and Dijon aioli toasted on sourdough bread. 7.99
- B&B: composed-** Club de luxe, Bacon Caprese wrap
- CrEATe:** lemon chicken and Gyro fusion bowl 16.00

TUES



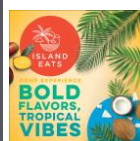
- FLAME: Bacon goat cheese truffle burger-** Actual veggies mushroom truffle burger topped with crispy bacon, creamy goat cheese and lettuce tomato and onion. 7.99
- B&B: composed-** Club de luxe, Bacon Caprese wrap
- CrEATe:** Achiote chicken tacos with, shredded cheese, pico de gallo, shredded lettuce, chipotle crema, cilantro honey lime dressing and tortillas. .75oz

WED



- FLAME: Fish and Chips:** Crispy fried haddock served with French fries, caper tarter sauce, and coleslaw. 7.99
- B&B: composed-** Club de luxe, Bacon Caprese wrap
- CrEATe:** Gochujang chicken or tofu, Soy glazed shiitake mushrooms, grilled zucchini, sesame carrots and steamed rice. 0.75oz

THURS



- FLAME: Chili Cheeseburger:** beef burger topped with house made beef chili, fresh chopped onions, cheddar cheese, and sour cream on brioche. 7.99
- B&B: COMPOSED-** CLUB DE LUXE, BACON CAPRESE WRAP
- CrEATe:-** Choice of jerk pork or tofu, island braised cabbage, mango and jicama slaw, spiced jasmine rice. .75oz

FRI

- FLAME: Buffalo Chicken Fries-** Crispy buffalo chicken, blue cheese, green onions top fresh French fries. 7.99
- B&B: composed-** Club de luxe, Bacon Caprese wrap

CONNECT  
WITH US



HEATHER HOLBROOK | GENERAL MANAGER |  
HEATHER.HOLBROOK@COMPASS-USA.COM  
ADAM JOHNSON | EXECUTIVE CHEF |  
ADAM.JOHNSON3@COMPASS-USA.COM

### LPL Live Well



BREAKFAST 5.81

#### CHORIZO MUSHROOM SCRAMBLE

chorizo and fresh button mushrooms scrambled with egg whites, fresh diced tomatoes, green scallions, cilantro, served with corn tortillas

LUNCH 5.81

#### GRILLED CHICKEN SANDWICH WITH PEACH CHUTNEY

Grilled citrus chicken breast topped with house-made peach chutney and arugula on whole grain bread.



Download and order with the app today!

### SOUPS

#### MONDAY & WEDNESDAY & FRIDAY

beef chili

Mushroom Barley

#### TUESDAY & THURSDAY

Chicken Noodle

Mushroom Barley



Meatball Calzone

Buffalo Chicken pizza

BBQ Brisket Flatbread

Choice of Cobb Salad or Cilantro citrus slaw