



Week of May 18th – 22nd | Monday-Friday 7:30am-9:30am & 11:00am-1:00pm

Grab & Go Available 24/7 with Self-Checkout & Contactless Payment

menu subject to change

this week's features:

butcher & baker deli

made to order deli sandwich

pizza by the slice

fresh made pizza pie

flame grill

butcher & baker deli

big city bbq

beef brisket or pork ribs- 2 sides & 20oz beverage

flame grill

butcher & baker deli

fly chix

6pc or 9pc wings & 20oz beverage

butcher & baker deli

flame grill

kitchen & co.

country fried steak over rice- 2 sides & 20oz beverage

grab & go available all day

Soup of the week

baja chicken enchilada

National Salad Month

The perfect time to celebrate how delicious and nourishing salads can be. Packed with fiber, vitamins, minerals, and plant power, salads support heart health, digestion, and lasting energy. Best of all, they don't have to be boring. Think beyond lettuce by building salads around fun themes: Mediterranean bowls with chickpeas, cucumbers, and feta, or Southwestern mixes with black beans, corn, avocado, and lime.

In Season & on the menu

Green beans are packed with essential nutrients like vitamin K, vitamin C, folate, and calcium that promote bone health and immune function. Their fiber content supports heart health by helping to lower blood pressure and cholesterol.

catering needs?

Reach out to us and let our catering team make your event a success to remember.



We'd love to hear your thoughts! Reach out to us at: MarketPlaceFeedback@regions.com

Daniel Miesner | chef manager | The ROC Marketplace | daniel.miesner@compass-usa.com | 205-261-6537

Online ordering available at <https://delivery.zipthruordering.com/cmp/?storeid=RGNSROC1>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY