

EAT. DRINK. SOCIALIZE.

SIKORSKY WEST
Monday – Friday | 5:30 am – 1:00 pm
MARKETPLACE RETAIL OPEN TO 8.15 PM

WEEK OF MARCH 9



WEEKLY BREAKFAST FEATURES

BREAKFAST SPECIALS

MONDAY – Double Double Special with 16.9oz water or medium house coffee	7.05
TUESDAY – egg, sausage, bacon, hash brown & pancake platter	7.65
WEDNESDAY – bacon egg & cheese breakfast taco with tater tots	7.65
THURSDAY – smoked salmon breakfast wrap	7.65
FRIDAY – loaded hashbrowns with 16.9oz water or medium house coffee	7.05

MON

GOOD MOOD MONDAY: PORTUGUESE STYLE PORK OR HALF CHICKEN 11.00
choice of two **FIT** pork or roasted half chicken with seasoned potato wedges, black eyed pea salad and dipping sauce. Includes a 16oz fountain beverage. Add natas tartlet +2.60

HOT GRAZE: .70oz
salisbury steak with mushroom gravy, chicken marsala creamy mashed potatoes, roasted carrots and green beans, noodles and more

TUES

LITTLE LIME: BURRITO OR BURRITO BOWL 10.50
choice of **FIT** pollo asado, or pork carnitas with red rice, spicy beans, tomato, lettuce, cheese blend, chipotle cinnamon roasted corn, jalapeno and cilantro lime crema in a bowl or flour tortilla served with chips and salsa roja

HOT GRAZE: .70oz
steak bites with chili sauce, fit smothered chicken thighs, roasted brussels sprouts with shallots, garlic green beans, wild rice, scalloped potatoes and more

WED

THAI & TRUE: CURRY BOWL 11.00
choice of green curry tofu, green curry chicken, or panang chicken curry with jasmine rice, red bell peppers, bamboo shoots, and green beans. Add mango sticky rice +2.60

MARCH MADNESS: WINGS & WINNINGS .70oz
assorted chicken wings with mango habanero, bbq, sweet chili, beef patties or potato wedges, mozzarella sticks, carrots, celery, blue cheese or ranch

THURS

ROOST: HAND BREADED OR GRILLED CHICKEN BREAST SANDWICH 11.00/12.00
sikorsky's #1 sandwich – choice of chicken, topped with spicy slaw, pickles, sauce & served with potatoes wedges. Add bacon for +\$2

HOT GRAZE .70oz
general tso's chicken, sweet and sour tofu, beef and broccoli, vegetable fried rice, lo mein noodle, dumpling, egg roll and more

FRI

HOT GRAZE .70oz

FIT spicy jerk tofu (V), spicy jerk chicken thigh, or spicy jerk pork with yellow rice, sweet plantains, and red cabbage and mango slaw. coconut cream cake with mango and more

FLAME

MONDAY

CHICKEN TENDER BASKET 9.99
served with french fries and 16.9oz bottled water

TUESDAY

TERIYAKI BACON PINEAPPLE BURGER 11.50
beef burger, bacon, chipotle mayonnaise, provolone cheese, pineapple teriyaki sauce on brioche

WEDNESDAY

TURKEY REUBEN 12.00
smoked turkey, bacon, swiss cheese, sauerkraut, 1000 island dressing on rye bread

THURSDAY

FIT CARIBBEAN GRILLED CHICKEN 10.00
grilled chicken with a pineapple, tomato, jalapeno, onion, and ginger salsa on brioche

FRIDAY

FISH PLATTER 12.45
bread flounder with spicy spiral fries, tartar sauce and lemon wedge

GRINDER SHOP

TUES – THURS

ham avocado havarti
fire-braised pork spinach
new ranch flavor baker chips

PICCOLA ITALIA



personal pizza

cheese (\$10.50), specialty (\$12)

**assorted calzones,
italian subs & pasta dishes**

**Chef Table
3/12/26**



**carbonara con chorizo a la brasa
\$14.00**

**CONNECT
WITH US**

westmarketplacestratford

<https://eurestcafes.compass-usa.com/Sikorsky>

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SIKORSKY EAST
Monday – Friday | 5:30 am – 12:45 pm

WEEK OF MARCH 9



WEEKLY BREAKFAST FEATURES

BREAKFAST SPECIALS

EAST CAFÉ BREAKFAST TACOS

bacon egg & cheese breakfast taco with tater tots

7.65

EAST CAFÉ LOADED HASHBROWN

loaded hashbrowns with 16.9oz water or medium house coffee

7.65

MON

HOT GRAZE:

.70oz

salisbury steak with mushroom gravy, chicken marsala creamy mashed potatoes, roasted carrots and green beans, noodles and more

TUES

HOT GRAZE:

.70oz

steak bites with chili sauce, fit smothered chicken thighs, roasted brussels sprouts with shallots, garlic green beans, wild rice, scalloped potatoes and more

WED

MARCH MADNESS: HOT GRAZE

.70oz

assorted chicken wings with mango habanero, golden bbq, sweet chili, beef patties or potato wedges, mozzarella sticks, carrots, celery, blue cheese or ranch

THURS

HOT GRAZE

.70oz

general tso's chicken, sweet and sour tofu, beef and broccoli, vegetable fried rice, lo mein noodle, dumpling, egg roll and more

FRI

HOT GRAZE

.70oz

FIT spicy jerk tofu (V), spicy jerk chicken thigh, or spicy jerk pork with yellow rice, sweet plantains, and red cabbage and mango slaw. coconut cream cake with mango and more

FLAME

AVAILABLE ALL WEEK

includes choice of side

CHICKEN TENDER BASKET

9.99

served with french fries and 16.9oz bottled water

TERIYAKI BACON PINEAPPLE BURGER

11.50

beef burger, bacon, chipotle mayonnaise, provolone cheese, pineapple teriyaki sauce on brioche

TURKEY REUBEN

12.00

smoked turkey, bacon, swiss cheese, sauerkraut, 1000 island dressing on rye bread

THURSDAY

FISH PLATTER

12.45

bread flounder with spicy spiral fries, tartar sauce and lemon wedge

**SOMETHING
DELICIOUS
AWAITS YOU**

NOW FEATURING



NOW SERVING YOUR FAVORITES EVERYDAY!

HAND MADE 6OZ HAMBURGER \$9.35
FRESH GRILLED CHICKEN SANDWICH \$8.80

ALL BEEF HOT DOG \$3.60
4oz BEEF BURGER \$4.40
CHICKEN TENDERS & FRIES BASKET \$8.50
SPICY CHICKEN SANDWICH \$6.35
BLT \$5.40

all items are customizable, add your own choice of toppings, cheese and more french fries, onion rings, potato wedges too!

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SIKORSKY WEST 2ND SHIFT

Monday - Friday | 3:00pm to 8:15pm
MARKETPLACE RETAIL OPEN TO 8.15 PM

WEEK OF MARCH 9

MON

HOT GRAZE:

Salisbury steak with mushroom gravy, chicken marsala creamy mashed potatoes, roasted carrots and green beans, noodles and more

.70oz

TUES

HOT GRAZE:

Steak bites with chili sauce, fit smothered chicken thighs, roasted brussels sprouts with shallots, garlic green beans, wild rice, scalloped potatoes and more

.70oz

WED

HOT GRAZE

assorted chicken wings with mango habanero, bbq, sweet chili, beef patties or potato wedges, mozzarella sticks, carrots, celery, blue cheese or ranch

.70oz

THURS

HOT GRAZE

General tso's chicken, sweet and sour tofu, beef and broccoli, vegetable fried rice, lo mein noodle, dumpling, egg roll and more

.70oz

FRI

HOT GRAZE

FIT spicy jerk tofu (V), spicy jerk chicken thigh, or spicy jerk pork with yellow rice, sweet plantains, and red cabbage and mango slaw, coconut cream cake with mango and more

.70oz

Please ask for fish options at the grill and deli

FLAME

monday- double double special with 16.9oz water or medium house coffee 7.05

tuesday- egg, sausage, bacon, hash brown & pancake platter 7.65

wednesday Cheese breakfast taco with tater tots 7.65

thursday - smoked salmon breakfast wrap 7.65

friday- loaded hashbrowns with 16.9oz water or medium house coffee 7.05

SOMETHING
DELICIOUS
AWAITS YOU

NOW FEATURING

PICCOLA ITALIA

GRAB 'N GO PIZZA

cheese (\$10.50), pepperoni & meat lovers (\$12)



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