

# EAT. DRINK. SOCIALIZE.

MAIN MARKETPLACE @ BCBS  
Monday - Thursday 7am - 1:30 pm

WEEK OF APRIL 20TH, 2026



## RISE & SHINE

### DAILY BREAKFAST FEATURES:

BREAKFAST BUFFET AT THE GRILL	.69 OUNCE
YOGURT BAR & FRESH FRUIT	.69 OUNCE
OLD FASHIONED OATMEAL & TOPPINGS	1.99

FRIDAYS - CLOSED

MON

GRILL: Breakfast Buffet & Lunch  
*NEW 'themed' Salad Bar this week!*  
Soup & Sandwich & Wraps On the Graze Line

TUES

### Earth Bowls-All week!

### Come Celebrate Earth Day 4/22

Choose from a selection of Ancient Grains, assorted Proteins and endless toppers for your very own bowl

WED

### SUSHI WEDNESDAY!

Fresh Sushi From **Intown Sushi, Mpls**  
**Graze: Earth Bowl** - It's Earth Day!

THURS

### Earth Bowls-All week

Choose from a selection of Ancient Grains, assorted Proteins and endless toppers for your very own bowl

FRI

### Closed Fridays

grab & go and snacks available!

CONNECT  
WITH US



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EARTH  
BOWL  
FUNCTIONAL FUEL

### NEW Weekly themed Salad Bar concepts!

This week:

**"Asian Sesame Crunch"**

### GRILL LUNCH

#### EVERYDAY:

cheeseburger hamburger  
veggie burger   
grilled cheese  
chicken tenders chicken  
sandwich  
onion rings/fries

#### TUESDAYS:

Turkey Club Melt

#### WEDNESDAYS:

Chicken Quesadilla

#### THURSDAYS:

BBQ Style Sandwich