

JULY HAPPENINGS

WEEKLY DEAL: NATIONAL GRILLING MONTH



Celebrate National Grilling Month as we fire up bold flavors and summertime favorites. Join us on select **Mondays (July 6 and July 13)** and **Tuesdays (July 21 and July 18)** this month for \$10 grill combo specials.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

NATIONAL ICE CREAM MONTH



Float into summer and celebrate National Ice Cream Month with a limited-time sweet treat! Enjoy mini root beer floats for just \$1 on **Friday, July 17**.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

SUPERFOOD OF THE MONTH: STONE FRUIT



Stone Fruit is July's Superfood of the Month. Juicy and rich in fiber and antioxidants, these summer favorites support overall health and hydration. Enjoy a refreshing boost in the cafés all month long, including a featured special on **Thursday, July 23**.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

CULINARY HIGHLIGHT: RHYTHM & ROUX



Bring the spirit of Louisiana to your plate on **Thursday, July 30**. Rhythm & Roux brings the Bayou's vibrant Cajun and Creole traditions to life with comfort-forward favorites and rich, roux-driven classics.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

LIMITED TIME OFFER: JULY COOKIES

IRRESISTIBLE DECADENCE
Experience our White Chocolate Macadamia Nut Cookie.

Available for a limited time! | **MADE WITH REAL BUTTER, RICH WHITE CHOCOLATE CHUNKS, AND PERFECTLY ROASTED MACADAMIA NUTS.**

CRAVING SOMETHING BERRY GOOD?
Try our berry-licious Strawberry Shortcake Cookies.

Available for a limited time! | **A LIGHT, BUTTERY SHORTBREAD COOKIE MADE WITH WHITE CHOCOLATE CHIPS AND REAL DRIED STRAWBERRIES.**

Celebrate the flavors of the season! Satisfy your sweet tooth with our seasonal cookie flavors - White Chocolate Macadamia Nut and Strawberry Shortcake.

Where: Available at all cafés.

LIMITED TIME OFFER: JULY SOUPS

SUMMER SOUP

All Month Long

Fresh.
Seasonal.
Just for Summer.

Refresh with our fresh, limited-time soups - warm, hearty, and here for a short season. Get them while they're hot!

Where: Available at all cafés. At Seattle (2-122), soup is only available Wednesday - Thursday.

LIMITED TIME OFFER: RED BULL SUMMER EDITION






Red Bull Summer Edition has arrived! Energize with the citrus notes of zesty lime, tangy sudachi (a Japanese citrus fruit), and the subtle hint of pomelo. Available all month long, while supplies last for just \$3.99.

Where: Available at all cafés.


WELLNESS PROGRAM: EAT FIT

WHAT MAKES SOMETHING FIT?


FIT meals, entrees, and side dishes serve as a guide for items that meet dietary recommendations regarding calories, fat, and sodium.

	FULL MEAL	Calories per serving ≤600 Sat. Fat ≤5g, Sodium ≤600mg
	ENTREE	Calories per serving ≤400 Sat. Fat ≤5g, Sodium ≤600mg
	SIDE	Calories per serving ≤250 Sat. Fat ≤2g, Sodium ≤250mg

Look for offerings marked with this unique identifier.



Well Being



In collaboration with the Well Being team, our chefs and registered dieticians work together to bring peak flavor to menu items that are good for you and meet U.S. health guidelines. Look for FIT offerings marked with their unique identifier throughout the cafés and fuel your day the right way.

Visit the café website for nutritional information available [here](#).