

MARCH HAPPENINGS

GOOD MOOD MONDAY



Good Mood Monday is here to bring you delicious ways to start your week. Whether you're craving comfort on **Monday, March 2**, or looking to explore bold flavor mashups on **Monday, March 30**, tasty options await.

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

CULINARY LAUNCH: ARAYES



Discover a Middle Eastern street food favorite, Arayes. Join us on **Tuesday, March 3** to try this crispy pita filled with savory, spiced meats and grilled to perfection.

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

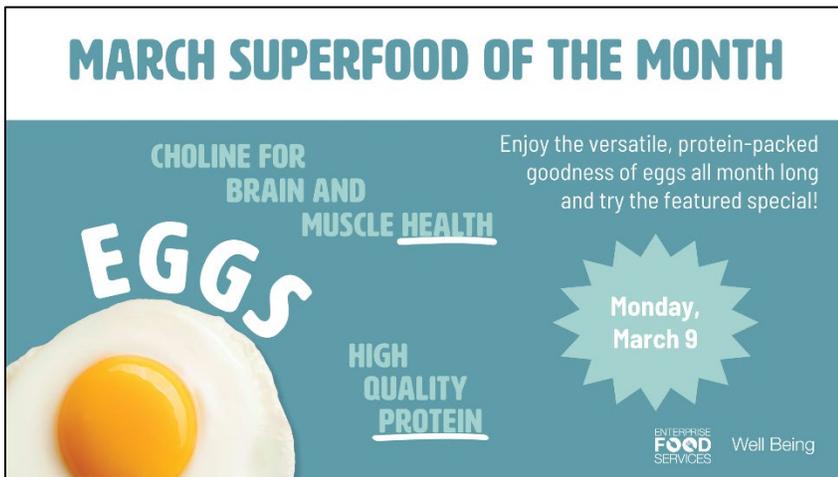
WEEKLY DEAL: LUNCTIME MADNESS



Lunchtime Madness is here and it's bracket season! Each **Wednesday (March 4, March 11, and March 18)** this month, two grill specials go head-to-head. Your votes decide the weekly winner, leading up to the crowning of a crowd-pleasing grill special champion on **Wednesday, March 25**.

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: EGGS



Eggs are March's Superfood of the Month. Rich in protein and full of essential nutrients, eggs help fuel your day while supporting brain and muscle health. Enjoy eggs throughout the cafés all month long, including a featured special on **Monday, March 9**.

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

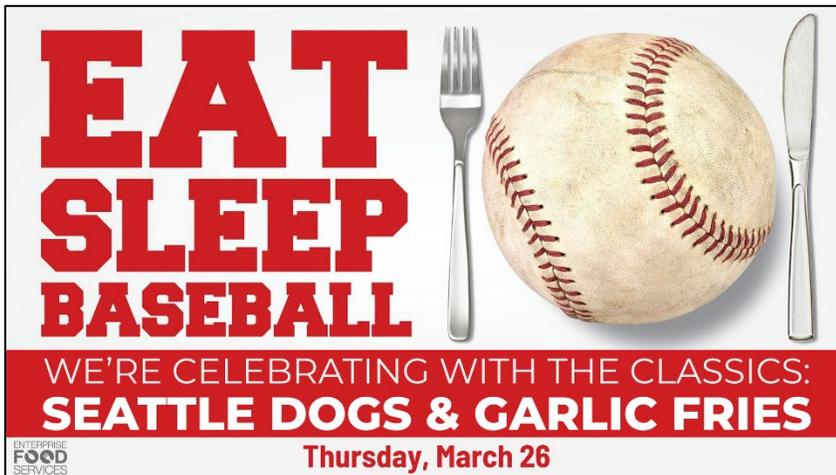
ST. PATRICK'S DAY



Add a festive St. Patrick's Day touch to lunch with our Irish-inspired entrée, available **Tuesday, March 17**.

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

EAT. SLEEP. BASEBALL.



My oh my, baseball is back! In celebration of the Mariners home opener on **Thursday, March 26**, we're bringing ballpark flavor to you with classic Seattle Dogs and garlic fries.

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

LIMITED TIME OFFER: MARCH COOKIES



TASTE THE ADVENTURE
Take a chocolate detour with our Rocky Road Cookie!

Available for a limited time! | A CHOCOLATE MEDLEY OF REAL WHITE AND SEMI-SWEET CHOCOLATE CHIPS, TOFFEE CANDY PIECES, AND REAL COCOA.

ENTREPRENEUR FOOD SERVICES



CHERRY-PICK YOUR SWEET TREATS
Enjoy the perfect sweet-tart blend with our White Chocolate Cherry Cookies!

Available for a limited time! | A DECADENT COOKIE MADE WITH DELICIOUSLY INTERTWINED DRIED, RED TART CHERRIES AND REAL WHITE CHOCOLATE

ENTREPRENEUR FOOD SERVICES

Celebrate the flavors of the season! Satisfy your sweet tooth with our seasonal cookie flavors – Rocky Road and White Chocolate Cherry.

Where: Available at all cafés.

LIMITED TIME OFFER: MARCH SOUPS



SPRING SOUP
All Month Long
Fresh. Seasonal. Just for Spring.

ENTREPRENEUR FOOD SERVICES

Refresh with our fresh, limited-time winter 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: OIKOS CHOCOLATE PROTEIN SHAKE



Up your protein game with the Oikos Chocolate Protein Shake for just \$4.25 all month long. Packed with protein and flavor, it's the ultimate way to power through your day and crush your goals.

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 ENTERPRISE FOOD SERVICES

In collaboration with the Well Being team, our chefs and registered dietitians 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](#).