

# OCTOBER HAPPENINGS

## OKTOBERFEST



Oktoberfest is a festive tradition that draws millions to Germany for a celebration of bratwurst and beer. Enjoy the flavors right here with Oktoberfest-inspired hot graze bars and featured entrées on **Thursday, October 2** and **Friday, October 3**.

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

---

## WEEKLY DEAL: NATIONAL PASTA MONTH



Starting **Tuesday, October 7** and continuing every Tuesday throughout the month (**October 14, October 21, and October 28**), enjoy a new pasta special as part of our weekly value deal during National Pasta Month. Each week, our talented chefs and associates will serve up their creative takes on classic favorites.

**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: SQUASH



Introducing October's Superfood of the Month – Squash. Packed with nutrients and fall flavors, it's the perfect way to fuel your season. You can find squash throughout the cafés from **Wednesday, October 1 – Friday, October 31**, and don't miss our featured entrée on **Wednesday, October 15**.

**Where:** The featured entrée is available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

---

## NATIONAL SEAFOOD MONTH



National Seafood Month is the perfect time to feature bold, seasonal dishes that showcase the flavor, versatility, and health benefits of seafood. Here in the Pacific Northwest, we're lucky to enjoy some of the freshest catches and this month, we're reeling in our favorites on **Thursday, October 23**.

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

## HALLOWEEN TREATS



We're bringing a spooky good time on **Thursday, October 30** and **Friday, October 31**. Whether you're craving sweet, salty, or a little bit of both, there's something for everyone to enjoy. No tricks, all treats, and the magic is in your hands.

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

---

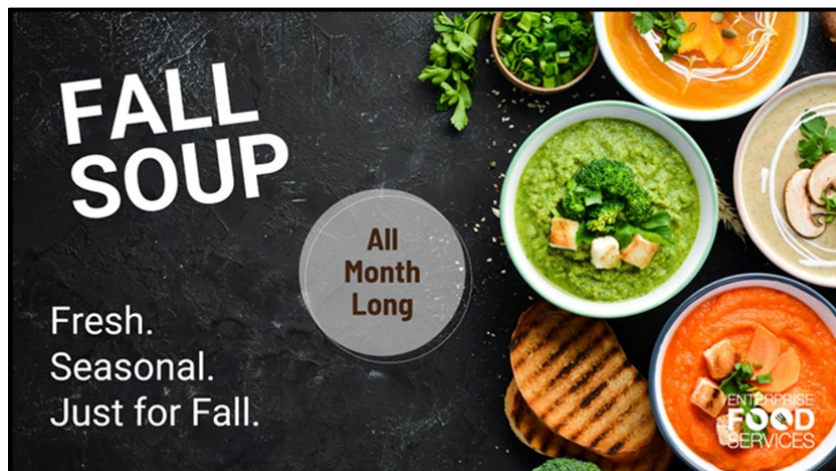
## LIMITED TIME OFFER: OCTOBER FALL COOKIES



Celebrate the flavors of the season all month! Satisfy your sweet tooth and try our new cookie flavors – Pumpkin Spice Cheesecake and White Chocolate Cherry.

**Where:** Available at all cafés.

## LIMITED TIME OFFER: OCTOBER FALL SOUPS



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

**Where:** Available at all cafés.

---

## LIMITED TIME OFFER: RED BULL AMBER EDITION



For a limited time this month, fuel your fall with Red Bull Amber Edition for just \$3.99, while supplies last. Refreshing taste, bold energy, all in one can.

**Where:** Available at all cafés.



## INTRODUCING THE NEW WELLNESS PROGRAM

### WHAT MAKES SOMETHING FIT?

**FIT** meals and snacks serve as a guide for items that meet dietary recommendations with regard to calories, fat, and sodium.

	<b>FULL MEAL</b>	<b>Calories per serving ≤600</b> Sat. Fat ≤5g, Sodium ≤600mg
	<b>ENTREE</b>	<b>Calories per serving ≤400</b> Sat. Fat ≤5g, Sodium ≤600mg
	<b>SIDE</b>	<b>Calories per serving ≤250</b> 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 and Vegetarian offerings marked with their unique identifiers throughout the cafés and fuel your day the right way.

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

## IMPORTANT UPDATES: AVENUE C BUCKS & EUREST CAFÉ ICE CREAM TOKENS

**EFFECTIVE JANUARY 1, 2026**

 <p><b>Avenue C Bucks will be replaced with new Gift Passes.</b></p> <p>Please upload your Avenue C Bucks to your account by December 31, 2025.</p>	 <p><b>The Eurest Café Ice Cream Token Program will be ending.</b></p> <p>Please exchange any Ice Cream Tokens at your nearest café by December 31, 2025.</p>
--	--

Starting **January 1, 2026**, Avenue C Bucks will be replaced with new Gift Passes and the Eurest Café Ice Cream Token Program will be ending. Please be sure to upload your remaining Avenue C Bucks to your account and exchange any Ice Cream Tokens at your nearest café by **December 31, 2025**.

Have questions about your Avenue C account? Contact [avecsupport@compass-usa.com](mailto:avecsupport@compass-usa.com).