

# EAT. DRINK. SOCIALIZE.

**SEMPRA HQ CAFE**  
 Monday - Friday  
 Breakfast 7:00am-10:00am  
 Lunch 11:00am-2:00pm

**WEEK OF AUGUST 18TH, 2025**



## RISE & SHINE

- MONDAY** Biscuits and Sausage Gravy- baked buttermilk biscuit, country style sausage gravy, two pork sausage links, two scrambled cage-free eggs and shoestring hash browns. **\$9.75**
- TUESDAY** Ham and Brie Breakfast Sandwich- creamy brie cheese, fried cage-free egg, sliced black forest ham, hot honey drizzle, and wild rocket arugula on a sesame pretzel croissant. Served with tater tots. **\$9.75**
- WEDNESDAY** Smoked Salmon Bagel- plain toasted bagel, herbed cream cheese, smoked cracked black pepper salmon, sliced tomato, shaved red onion, micro greens, fried capers. **\$9.00**
- THURSDAY** Peaches and Cream Waffle- sweet belgian waffle with roasted ripe peaches, vanilla bean whipped cream, and sweet peach compote. Served with two slices of applewood bacon. **\$9.00**

**MON**

- GRILL** HQ Beyond Burger (V)- plant-based beyond burger patty, lettuce, tomato, caramelized onions, 1000 island dressing, dill pickle chips, brioche bun. Served with a side of french fries. **\$12.00**
- DELI** Garden Chicken Ranch Wrap- grilled herbed chicken, fresh spring mix lettuce, shredded carrots, bell peppers, sliced tomato, cucumber, avocado and ranch dressing in a spinach tortilla wrap. **\$9.99**
- CENTER PLATE** Flank Steak Salad- arugula, romaine, roasted corn, blistered heirloom tomatoes, pickled onion, roasted bell pepper, seasoned black beans, flank steak, chimichurri buttermilk dressing. **\$14.50**

**TUES**

- GRILL** Grilled Mahi- Mahi Sandwich- blackened aji amarillo marinated mahi-mahi, lettuce, sliced tomato, red onion, avocado, toasted bun, aioli, cotija. Served with sweet potatoes fries and plantains. **\$13.50**
- DELI** Greek Tuna Salad Sandwich- fad-free tuna salad with cucumber and olives. Topped with fresh shredded lettuce, roasted red peppers, shaved red onion and wild rocket arugula on focaccia. **\$9.99**
- CENTER PLATE** Falafel (V) or Gyro Mediterranean Salad- lettuce mix, banana peppers, roasted bell pepper, red onion, garbanzo, feta cheese, olives, cucumber, tomato, pita chip crouton, red pepper dressing. **\$14.50**

**WED**

- GRILL** Grilled Prosciutto and Peach Melt- local artisan sourdough, havarti cheese, sliced tree ripe peaches, shaved prosciutto, fresh basil, honey balsamic glaze, wild rocket arugula. Served with fries and aioli. **\$12.99**
- DELI** Turkey Cranberry Sandwich- smoked turkey, sliced havarti cheese, wild rocket arugula, orange cranberry sauce, garlic mayo, micro pea greens on a seeded whole wheat ciabatta. **\$9.99**
- CENTER PLATE** Chipotle Lime Shrimp Bowl- cilantro lime rice, grilled marinated gulf shrimp spiced black beans, guacamole, crema, pico de gallo, tortilla strips, salsa, radish, cotija cheese, and cilantro. **\$14.50**

**THURS**

- GRILL** Southwest Veggie Burger (V)- all green veggie patty, smoked cheddar cheese, chipotle mayo, avocado, crispy onions, lettuce, tomato, brioche bun. Served with chili dusted sweet potato fries. **\$12.00**
- DELI** Grilled Flank Steak Wrap- grilled marinated grilled flank steak, creamy applewood bacon, horseradish spread, lettuce, onion, bell pepper, cotija, green goddess and spring mix in flour tortilla **\$9.99**
- CENTER PLATE** Blackened Salmon Caesar- chopped romaine, kale, parmesan cheese, watermelon radish, crispy chickpeas, heirloom tomato, grilled lemon, ciabatta croutons, chipotle caesar, dinner roll. **\$14.50**

**FRI**

**Grill Breakfast and Lunch is open! Limited Salad Bar. Half Deli Sandwiches Available. Lunch Service Till 1 PM.**

## CREATE

### MONDAY

**GREEK CHICKEN PIZZA, PEPPERONI, OR FOUR CHEESE PIZZA**  
 OLIVE OIL, MOZZARELLA, SUN DRIED TOMATO, ARTICHOKE GRILLED CHICKEN, ONION, OREGANO, RICOTTA, ARUGULA

### TUESDAY

**CRISPY SWEET CHILI PORK OR CHILI GARLIC TOFU RAMEN**  
 SPICY VEGETARIAN THAI BROTH, SOFT-BOILED EGG, SCALLIONS, SHITAKE MUSHROOM, FURIKAKE, SHREDDED CARROTS, CORN, EDAMAME, RAMEN NOODLES, CHILI GARLIC CRUNCH

### WEDNESDAY

**ORANGE PEEL CHICKEN**  
 TEMPURA BREADED CHICKEN, BELL PEPPERS, ONION, SCALLIONS, TOASTED SESAME, SWEET & SPICY ORANGE SAUCE- SERVED OVER STEAMED JASMINE RICE & VEGGIE SPRING ROLL

### THURSDAY

**ITALIAN MEATBALL CALZONE, PEPPERONI, OR FOUR CHEESE PIZZA**  
 BEEF AND PORK MEATBALLS, GRILLED ONION, BELL PEPPER, MOZZARELLA CHEESE, HOUSE RED SAUCE, HAND STRETCHED CAPUTO DOUGH.



Join us every Wednesday from 2-3pm for a special treat - compliments of Sempra leadership. Featuring Eurest Game Day Hot Dogs.

## SOUPS

### MONDAY

Island Chicken Soup  
 Vegetable Tortellini (V)

### TUESDAY

Chicken Noodle  
 Cauliflower and Cheddar (V)

### WEDNESDAY

Beef and Bean Taco Soup  
 Split Pea (V)

### THURSDAY

Clam Chowder  
 Vegetable Lentil (V)

**CONNECT WITH US**



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(V)- vegetarian