

7/29 – 8/1

**FOODS Hall at Cary**  
 Monday - Thursday, 7:30am - 10:00am  
 John Guinane, Executive Chef



## BREAKFAST SPECIAL

**MONDAY – THURSDAY**

Breakfast Bowl

Crispy Tots Topped with Scrambled Eggs,  
 Cheddar Cheese and Sausage Gravy  
**\$5.00**

## HOT CEREAL

**MONDAY – THURSDAY**

12OZ \$2.50

Old-Fashioned Oatmeal  
 Grits

## GRAB 'N GO

**MONDAY – FRIDAY**

|   |        |
|---|--------|
| Turkey, Italian, and Caprese Sandwiches | \$6.50 |
| Fruit Cups                              | \$1.61 |
| Strawberry Almond Yogurt Parfait        | \$4.33 |
| Hard-Boiled Eggs                        | \$2.50 |
| Chicken Caesar Salad                    | \$5.99 |
| Classic Cobb Salad                      | \$5.99 |

### FLAME

**MONDAY – THURSDAY**

|                        |           |
|------------------------|-----------|
| Eggs Your Way          | \$1.25 EA |
| BYO Omelet             | \$4.01+   |
| BYO Breakfast Sandwich | \$3.52+   |
| Breakfast Burrito      | \$5.25    |

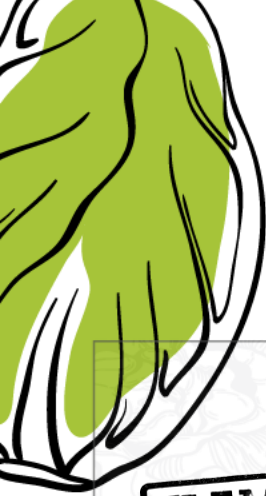
### SIDES

|                                    |        |
|------------------------------------|--------|
| Pork Sausage Link (1)              | \$1.25 |
| Applewood Bacon (1)                | \$1.25 |
| Home Fries                         | \$1.25 |
| Apple Chicken Sausage Link (1)     | \$1.50 |
| Tater Tots                         | \$2.00 |
| Buttermilk Biscuit + Sausage Gravy | \$2.25 |

### CONTINENTAL

**MONDAY – THURSDAY**

|                               |         |
|-------------------------------|---------|
| Fresh Baked Muffin            | \$2.87  |
| Fresh Baked Scone             | \$2.41  |
| Croissant                     | \$2.50  |
| Fresh Baked Danish            | \$1.82  |
| Assorted Breads, Butter + Jam | \$0.32+ |



FOOD

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**FLAME**

**FLAME**

MONDAY - WEDNESDAY

- Flame Buger \$7.50+
- Crispy Chicken Sandwich \$6.30
- Grilled Chicken Sandwich \$6.30
- BYO Falafel Burger \$6.00
- Philly Cheesesteak Tots Bowl \$9.00

**graze.**

**GRAZE \$0.66 PER OUNCE**

MONDAY - THURSDAY

Crisp Lettuces with Fresh Vegetables, Roasted Vegetables, Grain and Legumes  
Assorted Mini Sandwiches - Handcrafted on Artisan Bread with Toppings and Spreads  
Three Options Available Daily

**create**

**CREATE**

TUESDAY

Carved Roasted In-House Turkey Breast on Texas Toast Marble Rye  
with Candied Bacon, Lettuce, Tomato, and Mayo \$10.95

WEDNESDAY

Wing Station with Celery, Blue Cheese, and House Chips \$.66/oz



**SAVORY SOUP**

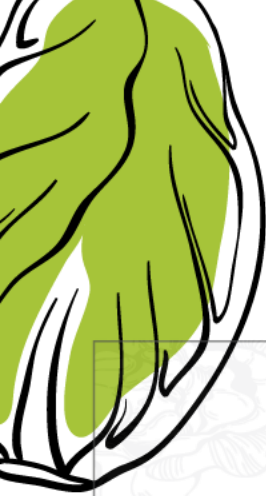
MONDAY - WEDNESDAY

12OZ \$3.62  
Chicken Tortilla

**SIDES**

- Sweet Potato Fries \$2.25
- French Fries \$2.25
- Tater Tots \$2.25





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### PICCOLA ITALIA

MONDAY - WEDNESDAY



|                       |         |
|-----------------------|---------|
| BYO Pizza             | \$6.25+ |
| Meat Lovers Pizza     | \$10.00 |
| Margherita Pizza      | \$10.00 |
| Pepperoni Pizza       | \$9.00  |
| Vegetable Pizza       | \$9.00  |
| Buffalo Chicken Pizza | \$9.00  |

### GRAB 'N GO

MONDAY - FRIDAY

- Sandwiches + Salads \$6.50+
- Blackened Chicken Caesar Wrap - Romaine, Parmesan, Tortilla
- Garden Salad - Mixed Greens, Tomato, Onion, Cucumber, Carrot
- Grilled Chicken Caesar Salad - Romaine, Croutons, Parmesan, Grilled Chicken



### DESSERT

|                    |        |
|--------------------|--------|
| Assorted Cookies   | \$1.66 |
| Rocky Road Brownie | \$2.21 |

