

Cafe

Week of May 13th

SYNOPSIS[®]



FEATURING



DON'T MISS
THIS WEEK!

MONDAY

BREAKFAST

- yogurt and hot cereal bar
- eggs made to order
- breakfast sandwiches and burritos

FLAME SPECIAL

Italian beef meatball sandwich

bell peppers & onion, provolone cheese, marinara sauce, on a french roll

WEIGH & PAY COMFORT FOOD

chicken marsala with mushroom gravy

acorn squash stuffed with wild rice and tahini sauce (v)

mashed potato (v), buttery sauteed green beans (v)

STREET EATS

try our delicious
steam bao buns
sandwich



CREATE

poke bowl dish,
with choice
toppings, protein, sauce,



FORK & FLOUR CHEF'S CHOICE

pizza by the slice
calzone & more



TUESDAY

BREAKFAST

- yogurt and hot cereal bar
- eggs made to order
- breakfast sandwiches and burritos

FLAME SPECIAL

blackened chicken sandwich

toasted brioche bun, chipotle aioli, pepper jack cheese, shredded lettuce, mango salsa

WEIGH & PAY COMFORT FOOD

pork carnitas (Mexican slow cooker puller pork)

stuffed zucchini with soyrimo, corn, black bean (v), cheese (v)

cilantro lime rice (v), pinto beans (v), pico de gallo (v), roasted fire salsa (v), lime wedge and corn tortillas

WEDNESDAY

BREAKFAST

- yogurt and hot cereal bar
- eggs made to order
- breakfast sandwiches and burritos

FLAME SPECIAL

buffalo chicken po-boy

on a french roll, creole slaw with cajun remoulade sauce

WEIGH & PAY COMFORT FOOD

butter chicken (murg makhani)

palak paneer (v)

jeera rice (v), bombay potatoes (v), achari gobi (Indian style cauliflower) (v)

THURSDAY

BREAKFAST

yogurt and hot cereal bar
eggs made to order
breakfast sandwiches and burritos

FLAME SPECIALS

chipotle tuna melt
toasted wheat, pepper jack cheese, chipotle tuna salad with celery and pickled jalapenos

WEIGH & PAY COMFORT FOOD

roast pork loin with honey garlic butter
garden ratatouille (v)
wild rice pilaf (v), medley vegetables (v)

FRIDAY

BREAKFAST

yogurt and hot cereal bar
eggs made to order
breakfast sandwiches and burritos

FLAME SPECIALS

ciabatta muffaletta sandwich
with garlic aioli, ham, salami, capicola, swiss cheese, provolone cheese, pepperoncini salad with kalamata olives, roasted red peppers, and capers

WEIGH & PAY COMFORT FOOD

smothered chicken
cheesy black bean& quinoa skillet casserole (v)
mashed potatoes (v), roasted mix vegetables (v)

CAFÉ WEBSITE

Order & Pay for food through the website.
Check out the daily and weekly menu. See what fun is happening in our café monthly!
Scan the QR code----->



Cafe Website

CONNECT

General Manager
Viviana Chapman
Chapman@synopsys.com
Assistant Manager
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Executive Chef
Wesley Matthews
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Sous Chef
Israel Juarez
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FEEDBACK



cheesy black bean& quinoa skillet casserole (v)
mashed potatoes (v), roasted mix vegetables (v)



VEGAN



VEGETARIAN

SOUPS AND SANDWICHES

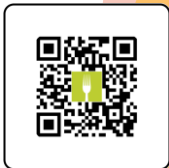
SCAN TO SEE
TODAYS SOUPS AND SANDWICHES



Soups and Sandwiches

CATERING

CATERING DIRECTOR
Betsy Allen
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Order Catering
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Scan me!