

Cafe

Week of April 29

SYNOPSIS®



FEATURING



DON'T MISS THIS WEEK!

MONDAY

BREAKFAST

- Yogurt And Hot Cereal Bar
- Eggs Made To Order
- Breakfast Sandwiches And Burritos

FLAME SPECIAL

turkey BLTA sandwich

bacon, boston lettuce, tomato, avocado spread, garlic aioli, on slice bread

WEIGH & PAY COMFORT FOOD

lemon caper halal grilled chicken

beyond beef stuffed bell peppers with wild rice tomato sauce (v)

garlic rosemary mashed potatoes (v), roasted medley vegetables (vg)

TUESDAY

BREAKFAST

- Yogurt And Hot Cereal Bar
- Eggs Made To Order
- Breakfast Sandwiches And Burritos

FLAME SPECIAL

philly cheese steak sandwich

grilled beef steak with provolone cheese, peppers, garlic aioli spread and onion on a french roll

WEIGH & PAY COMFORT FOOD

bbq pork ribs or plant base beef bbq tips (v)

old fashion baked bean (v), southern baked mac & cheese (v), grilled green beans & confetti corn (v)

WEDNESDAY

BREAKFAST

- Yogurt And Hot Cereal Bar
- Eggs Made To Order
- Breakfast Sandwiches And Burritos

FLAME SPECIAL

buffalo chicken wings combo

french fries, celery sticks & carrots, homemade ranch dressing

WEIGH & PAY COMFORT FOOD

zatar spice roasted halala leg of lamb with zhoug (spicy cilantro sauce)

sauteed eggplant with tahini sauce & pomegranates (v)

lebanese rice with toasted almonds (v), middle eastern roasted vegetables and tahini sauce (v)

STREET EATS



latin cantina-style dishes with choice style of protein, starch, and beans

CREATE



korean rice bowl with gochujang style protein topped with pickled vegetables, a fried egg, and a variety of toppings

FORK & FLOUR CHEF'S CHOICE



pizza by the slice
calzone & more

THURSDAY

BREAKFAST

- Yogurt And Hot Cereal Bar
- Eggs Made To Order
- Breakfast Sandwiches And Burritos

FLAME SPECIALS

chipotle grilled flank steak fajita sandwich

firebrand steak roll, garlic herb aioli, roasted red peppers, caramelized onions, pepper jack cheese, dill pickle chips

WEIGH & PAY COMFORT FOOD

roast tri-tip carvery or wheat berry impossible beef stuffed tomato (v)

herb roasted potato wedges (v), maple glazed carrots with tarragon (v), beef mushroom gravy and classic dinner rolls

FRIDAY

BREAKFAST

- Yogurt And Hot Cereal Bar
- Eggs Made To Order
- Breakfast Sandwiches And Burritos

FLAME SPECIALS

blackened chicken sandwich

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

WEIGH & PAY COMFORT FOOD

chicken cordon bleu with cream and mustard sauce or better broccoli casserole (v)

rice pilaf (v), brussels sprout with balsamic reduction with cranberries (vg)

CAFÉ WEBSITE LINK

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

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Sous Chef

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SOUPS AND SANDWICHES

SCAN TO SEE
TODAYS SOUPS AND
SANDWICHES



Soups and Sandwiches

CATERING LINK

CATERING DIRECTOR

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FEEDBACK
APPRECIATED



VEGAN



VEGETARIAN