

MAY
12-16

MITRE 1 WHIRLWIND CAFE

HOURS 7:30am – 1:30pm
Menu subject to change without notice

Before placing your order, please inform your server if a person in your party has a food allergy.

	M	T	W	TH	F
SOUP	Beef & Rice \$4.95/\$5.95	Blount Chicken Spätzle \$4.95/\$5.95	Blount Steak & Ale \$4.95/\$5.95	Vegetarian Gumbo \$3.25/\$4.25 v	Blount NE Clam Chowder \$4.95/\$5.95
ENTRÉE	BeWell Salmon Fennel Citrus Chiles (Cal 317) rice pilaf green beans \$9.50 be well	Herb Crusted Chicken Thighs brown rice pilaf & carrots mushroom wine sauce \$7.95 gluten free	Classic Meatloaf mashed potatoes vegetable medley \$8.25	BeWell Balsamic Chicken Bruschetta (Cal 128) herb potatoes steamed broccoli \$7.95 be well	Rigatoni Shrimp Scampi spinach \$8.50
PLANT FORWARD ENTRÉE	BeWell Braised Lentils (Cal 177) rice pilaf green beans \$7.50 be well	Herb Crusted Gardein "Chik'n" brown rice pilaf mushroom white wine jus \$7.50 v	Gardein "Beef" with Mushroom Jus mashed potatoes vegetable medley \$7.50 v	Balsamic Glazed Grilled Tofu mashed potatoes vegetable medley \$7.50 VG	Rigatoni Garlic Butter Gardein "Chik'n" \$7.50 v
PANINI served with a side	Ham & Muenster Melt, Pretzel Roll \$8.75	BeWell Mediterranean Hummus Flatbread (Cal 460) \$8.75 be well	Ham & Muenster Melt, Pretzel Roll \$8.75	Ham & Muenster Melt, Pretzel Roll \$8.75	Ham & Muenster Melt, Pretzel Roll \$8.75
GRILL served with a side	SoCal Spicy Black Bean Burger \$8.75 v	Mushroom Swiss Angus Burger \$8.75	Crispy Chicken Biscuit with Honey Butter \$8.75	Grilled Bratwurst Sub with Sauerkraut \$8.95	Chicken Teriyaki Sub \$8.75
SeoulTown MTO	Galbi Jjim Style Brisket Bowl **available with ginger-soy Gardein "Beef" \$10.79	Galbi Jjim Style Brisket Bowl **available with ginger-soy Gardein "Beef" \$10.79	Galbi Jjim Style Brisket Bowl **available with ginger-soy Gardein "Beef" \$10.79	Galbi Jjim Style Brisket Bowl **available with ginger-soy Gardein "Beef" \$10.79	Galbi Jjim Style Brisket Bowl **available with ginger-soy Gardein "Beef" \$10.79

Featured Breakfasts: Any Day of the Week 2 scrambled eggs, home fries, bacon
Tuesday Blueberry flapjacks, sausage links
Wednesday Texas-style french toast, sausage links

VG vegan GF gluten free v vegetarian be well

Please call our Café Manager 703-983-1548 | Visit us online at: <https://mclean.corporate-dining.com/>