

JULY
14-18

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 Barley \$3.25/\$4.25	Chicken Noodle \$3.25/\$4.25	Blount Turkey Chili \$4.95/\$5.95	Cream of Mushroom \$4.95/\$5.95 v	Blount NE Clam Chowder \$4.95/\$5.95
ENTRÉE	BeWell Tilapia with Chimichurri Sauce cauliflower rice, fresh vegetable \$8.50 b	Beef & Rice Stuffed Cabbage mashed potatoes green beans \$8.25	Porcini Rubbed Flank Steak shallot cream sauce rice pilaf fresh carrots \$9.25 g	BeWell Chicken Cacciatore (Cal 498) Whole wheat spaghetti roasted broccoli \$7.95 b g	Roast Pork Loin sweet potato mash roasted vegetables \$8.25 g
PLANT FORWARD	BeWell Tofu (Cal 192) chimichurri sauce, cauliflower rice \$7.50 b VG	Tomato Herb Crusted Gardein "Chik'n" mashed potatoes \$7.50 v	Porcini Risotto fresh carrots \$7.50 v	BeWell Tofu Cacciatore (Cal 357) Whole wheat spaghetti \$7.50 b VG	Roast Tofu onions and apples sweet potato mash \$7.50 b v
EXHIBITION	General Tso's Chicken (vegetarian option available) \$8.75 v	Country Harvest Chicken Salad \$8.75	Hot Dog Day On the patio (weather permitting) \$8.75	Beef Fajita (vegetarian option available) \$9.25 v	BeWell Loaded Pesto Pasta Bowl \$8.75 b
DELI SPECIAL served with a side	Cape Cod'der chicken breast, spinach, tomatoes, cranberry sauce, smoked gouda \$8.75	Cape Cod'der chicken breast, spinach, tomatoes, cranberry sauce, smoked gouda \$8.75	Cape Cod'der chicken breast, spinach, tomatoes, cranberry sauce, smoked gouda \$8.75	Cape Cod'der chicken breast, spinach, tomatoes, cranberry sauce, smoked gouda \$8.75	Cape Cod'der chicken breast, spinach, tomatoes, cranberry sauce, smoked gouda \$8.75
GRILL served with a side	Malibu Sweet & Spicy Honey Chipotle Burger \$8.25 v	Country Fried Flounder Sandwich \$8.95	WeBurg Pimento Bacon Cheeseburger \$9.95	Country Fried Tofu Sandwich \$8.75 b v	Smokey Philly Wrap peppers, onions, gouda, jalapeno ranch \$9.25
MTO	BeWell Supercharged Roasted Chicken Salad (vegetarian option available) \$9.79 b v	BeWell Supercharged Roasted Chicken Salad (vegetarian option available) \$9.79 b v	BeWell Supercharged Roasted Chicken Salad (vegetarian option available) \$9.79 b v	BeWell Supercharged Roasted Chicken Salad (vegetarian option available) \$9.79 b v	See you next week!

Daily Featured Breakfast: 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 g gluten free v vegetarian b bewell

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