

**FEBRUARY
9-13**

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	Vegetable Barley \$3.25/\$4.25 v	Chicken Noodle \$3.25/\$4.25	Roasted Vegetable \$3.25/\$4.25 v	Vegetarian Gumbo \$3.25/\$4.25 v	Blount NE Clam Chowder \$4.95/\$5.95
ENTRÉE	Cajun Blackened Catfish Etouffee dirty rice collard greens \$8.95	Peruvian Style Roast Chicken Quarters yellow rice macho peas \$8.25 v	Beef Bourguignon egg noodles green beans \$9.25-\$1.00	BeWell Thai Chicken Gai Yang (Cal 477) rice noodle salad steamed broccoli \$8.25 b v	Korean Gochujang Pork jasmine rice vegetable medley \$8.25
PLANT FORWARD ENTRÉE	offered at grill station	Peruvian Marinated Roast "Chik'n" yellow rice \$7.50 v	Plant Based "Meatballs" egg noodles mushroom jus \$7.50-\$1.00 v	BeWell Thai Tofu Gai Yang (Cal 477) rice noodle salad \$7.50 VG b	Spinach & Feta Strudel garden salad balsamic vinaigrette \$7.50 v
DELI SPECIAL served with a side	Grilled Chicken Ranch Club \$8.95	Grilled Chicken Ranch Club \$8.95	Grilled Chicken Ranch Club \$8.95-\$1.00	Grilled Chicken Ranch Club \$8.95	Grilled Chicken Ranch Club \$8.95
GRILL served with a side	SoCal Spicy Black Bean Burger \$8.75 v	Steakhouse Angus Swiss Burger \$8.75	Redhook Ale Battered Shrimp Basket \$9.25-\$1.00	Oversized Fried Fish Basket \$9.25	Grilled Turkey Rachel \$8.95
EXHIBITION/ MTO	join us tomorrow for our next feature	Not Your Average Macaroni and Cheese buffalo chicken available with Gardein Chik'N \$8.75	Strawberry Champagne Spinach Salad grilled chicken available with Gardein Chik'N \$8.75-\$1.00 v	Taste of the Caribbean Stir Fry marinated pork rice, plantains \$8.75 v	enjoy your weekend

Featured Breakfasts: Any Day of the Week 2 Scrambled Eggs, Home Fries, Bacon
Tuesday Blueberry Pancakes, Sausage Links
Wednesday Texas Style French Toast, Sausage Links

VG vegan

v Made without glutens

v vegetarian

b bewell