

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.

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SOUP	Vegetable Barley \$3.25/\$4.25 	Chicken Noodle \$3.25/\$4.25 	Roasted Vegetable \$3.25/\$4.25 	Vegetarian Gumbo \$3.25/\$4.25 	Blount NE Clam Chowder \$4.95/\$5.95
	Cajun Blackened Catfish Etouffee dirty rice collard greens \$8.95 	Peruvian Style Roast Chicken Quarters yellow rice macho peas \$8.25 	Beef Bourguignon egg noodles green beans \$9.25-\$1.00 	BeWell Thai Chicken Gai Yang (Cal 477) rice noodle salad steamed broccoli \$8.25 	Korean Gochujang Pork jasmine rice vegetable medley \$8.25
	offered at grill station	Peruvian Marinated Roast "Chik'n" yellow rice \$7.50 	Plant Based "Meatballs" egg noodles mushroom jus \$7.50-\$1.00 	BeWell Thai Tofu Gai Yang (Cal 477) rice noodle salad \$7.50 	Spinach & Feta Strudel garden salad balsamic vinaigrette \$7.50 
	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
	SoCal Spicy Black Bean Burger \$8.75 	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
	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 	Taste of the Caribbean Stir Fry marinated pork rice, plantains \$8.75 	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

 vegan

 Made without gluten

 vegetarian

 bewell