

FEBRUARY
16-20

MITRE 1 WHIRLWIND CAFE



Hours 7:30am – 1:00pm
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	ENTREE	PLANT FORWARD ENTREE	DELI SPECIAL served with a side	GRILL served with a side	EXHIBITION / MTO
Vegetable Rice \$3.25/\$4.25	Blount Roasted Red Pepper & Gouda \$4.95/\$5.95	Chicken Gumbo \$3.25/\$4.25	Beef Barley \$3.25/\$4.25	Blount NE Clam Chowder \$4.95/\$5.95		
V	V	V				
Country Fried Steak whipped potatoes buttered corn \$8.75	Tandoori Chicken basmati rice carrots and peas naan bread \$8.25	Cajun Spiced Shrimp gouda grits collard greens \$9.25-\$1.00	Beef Moussaka eggplant and potato feta cheese bechamel green beans \$8.95	BeWell Salmon with Chimichurri Sauce (Cal 530) cauliflower rice vegetable medley \$9.50	VG	
V		V	V	VG		
Gardein Chik'N Patty pan gravy buttered corn \$7.50	Tandoori Roast Tofu carrots and peas naan bread \$7.50	Cajun Spiced Roast Eggplant gouda grits \$7.50-\$1.00	Eggplant Moussaka eggplant and potato feta cheese bechamel green beans \$7.50	BeWell Grilled Tofu Steak chimichurri sauce cauliflower rice \$7.50	VG	
V	VG	V	V	VG		
Caribbean Ham with Swiss Cheese \$8.75	Caribbean Ham with Swiss Cheese \$8.75	Caribbean Ham with Swiss cheese \$8.75-\$1.00	Caribbean Ham with Swiss Cheese \$8.75	Caribbean Ham with Swiss Cheese \$8.75		
Grilled Italian Sausage Sub \$8.75	Southern Pimento Gardenburger Patty Melt \$8.75	Crispy Buffalo Chicken Sandwich \$8.75-\$1.00	WeBurg Guacamole Crunch Burger \$9.50	French Dip \$9.50		
	V					
join us tomorrow for our next feature	Sweet & Spicy Chorizo Tofu Skillet (Cal 270) available with seasoned chorizo \$8.75	MTO Crispy Chicken Chopped Salad Gardein Crispy Vegetarian "Chick'n" offered \$8.75-\$1.00	Greek Chicken Souvlaki \$8.95	enjoy your weekend		
	VG	V				

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

vegan

Made without gluten

vegetarian

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