

**MAY
18-22**

MITRE 1 WHIRLWIND CAFE

HOURS 7:30am – 1:30pm
modified holiday hours Friday closing at 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.

	M	T	W	TH	F
SOUP	Roasted Vegetable \$3.25/\$4.25 	Chicken Noodle \$3.25/\$4.25	Cream of Asparagus \$4.95/\$5.95 	Vegetable Gumbo \$3.25/\$4.25 	Blount NE Clam Chowder \$4.95/\$5.95
ENTRÉE	French Onion Braised Chicken egg noodles green beans \$8.50	Peruvian Style Roast Chicken Quarters yellow rice macho peas \$8.50 	BeWell Mediterranean Salmon (Cal 399) cous cous vegetable medley \$9.25 	So Good! Black Bean, Beef, and Rice Stuffed Peppers wilted spinach \$8.75	Jumbo Cheese Stuffed Ravioli green beans garlic bread \$8.50 
PLANT FORWARD	French Onion Gardein "Chik'N" egg noodles \$7.50 	Peruvian Vegetable and Bean Stew yellow rice \$7.50 	BeWell Balsamic Honey Roasted Cabbage Steak cous cous \$7.50  	So Good! Black Bean and Rice Stuffed Peppers wilted spinach \$7.50 	Jumbo Cheese Stuffed Ravioli green beans garlic bread \$8.50 
EXHIBITION	join us tomorrow for our Baked Potato Bar	Loaded Potato Bar \$8.95	"New" Birria Quesadilla seasoned rice dipping sauce \$9.95	General Tso's Stir Fry available with tofu \$8.95 	Individual Pizza Day \$8.75 (offered at pizza station)
PANINI served with a side	Italian Chicken Pesto Flatbread \$8.75	Italian Chicken Pesto Flatbread \$8.75	Italian Chicken Pesto Flatbread \$8.75	Italian Chicken Pesto Flatbread \$8.75	Italian Chicken Pesto Flatbread \$8.75
GRILL served with a side	Hatch Chili Burger \$8.95	SoCal Spicy Black Burger \$8.75 	Hot Honey Chicken Sandwich \$8.75	Seared Salmon Cake Sandwich \$9.25	Philly Cheesesteak Bomb Sub \$9.50
MTO	FIELDART SALADES BY YOU Caribbean Cobb Salad jerk tofu option available \$9.79 	FIELDART SALADES BY YOU Caribbean Cobb Salad jerk tofu option available \$9.79 	FIELDART SALADES BY YOU Caribbean Cobb Salad jerk tofu option available \$9.79 	FIELDART SALADES BY YOU Caribbean Cobb Salad jerk tofu option available \$9.79 	Café closes at 1:00pm

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

 **vegan**  **Made without glutens**  **vegetarian**  **bewell**