

NOVEMBER 09-13

MITRE 1 WHIRLWIND CAFE

HOURS 7:30am – 1:30pm

Breakfast 7:30am-10:30am
Lunch:11:15am-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	Blount Chicken Tortilla $4.95/$5.95	Bountiful Vegetable $3.25/$4.25	Potato Leek Soup $4.95/$5.95	White Bean Chili $4.95/$5.95	Blount NE Clam Chowder $4.95 /$5.95
ENTRÉE	So Good! Moroccan Spiced Chicken *couscous, baby carrots* $8.50	BeWell Maple Glazed Salmon (Cal 297) *quinoa and leek pilaf* *garlic cauliflower* $9.25	*Asian Inspired Pepper Steak* *rice* *stir fried vegetables* $10.50	Pork Guisado *garlic mojo* *cilantro-lime rice* *black beans* *vegetable medley* $9.25	Madras Curry Spiced Roast Cod *basmati rice* *coconut curry sauce* *garlic sauteed spinach* $9.75
PLANT FORWARD	Moroccan-Spiced Gardein Chik'N Strips *baby carrots* *red onions* $7.50	Falafel Patty quinoa and leek pilaf *tzatziki sauce* $7.50	Asian Inspired Pepper Tofu steamed rice $7.50	Roast Cauliflower Steak *garlic mojo* *cilantro-lime rice* *black beans* $7.50	Chana Saag Curried Chick Peas and Spinach *basmati rice* $7.50
EXHIBITION	join us tomorrow	BeWell Stir Fried Brown Rice (Cal 365) *available with teriyaki beef* $9.75/ $8.75 VEG	Chicken Burritos *vegetarian option available* $8.75	New Orleans' Jambalaya Sauté *chicken , shrimp, sausage* *corn bread* $9.25	Pop- in Pizza
FEATURED PANINI served with a side	Chipotle Chicken Fajita Panini $8.75	Chipotle Chicken Fajita Panini $8.75	Chipotle Chicken Fajita Panini $8.75	Roast Beef Melt $9.25	Roast Beef Melt $9.25
GRILL SPECIAL served with a side	Mushroom-Swiss Angus Burger $8.95	Italian Sausage Sub $8.95	Gyro Wrap $9.25	Philly Style Bocca™ Wrap $8.95	Celebrate Fried Chicken Sandwich Day! Smokin' Chicken Sandwich $8.95
MTO	BeWell Superfood Quinoa Bowl Grilled Chicken *roasted tofu option offered* $9.79	Be Well Superfood Quinoa Bowl Grilled Chicken *roasted tofu option offered* $9.79	BeWell Superfood Quinoa Bowl Grilled Chicken *roasted tofu option offered* $9.79	BeWell Superfood Quinoa Bowl Grilled Chicken *roasted tofu option offered* $9.79	See you next week

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

VG Vegan Made without gluten V Vegetarian Bewell

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