

OCTOBER
27-31

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	Turkey Chili \$4.95/\$5.95	Beef Barley \$3.25/\$4.25	Vegetable Rice \$3.25/\$4.25 	Cream of Mushroom \$4.95/\$5.95 	Blount NE Clam Chowder \$4.95/\$5.95
ENTRÉE	BeWell Beet Marinated Salmon (Cal 250) Cous Cous & Roasted Broccoli  \$9.25	Beef & Rice Stuffed Cabbage mashed potatoes green beans \$8.50	Beef Moussaka fresh carrots \$8.95 	BeWell Chicken Cacciatore (Cal 498) Whole wheat spaghetti roasted broccoli  \$7.95	Roast Pork Loin pierogies, brussel sprouts \$8.25
PLANT FORWARD	Served off Grill station today	Herb Crusted Gardein "Chik'n" mashed potatoes \$7.50 	Eggplant Moussaka fresh carrots \$7.50 	BeWell Tofu Cacciatore (Cal 357) Whole wheat spaghetti   \$7.50	Served off exhibition station today
EXHIBITION	Santa Fe Chicken Caesar Salad \$8.75	BeWell Chicken, Butternut Squash, Kale and Cranberry Stir Fry tofu option available   \$8.95	Shrimp & Sausage Jambalaya \$9.25	Beef Fajita \$9.25	So Good! Sweet & Savory Apple & Goat Cheese Flatbread  \$8.50
DELI SPECIAL served with a side	The Vermonter Ham, Cheddar, Apples, Arugula, Maple Mayo, Caramelized Onions \$8.75	The Vermonter Ham, Cheddar, Apples, Arugula, Maple Mayo, Caramelized Onions \$8.75	The Vermonter Ham, Cheddar, Apples, Arugula, Maple Mayo, Caramelized Onions \$8.75	The Vermonter Ham, Cheddar, Apples, Arugula, Maple Mayo, Caramelized Onions \$8.75	The Vermonter Ham, Cheddar, Apples, Arugula, Maple Mayo, Caramelized Onions \$8.75
GRILL served with a side	Malibu Sweet & Spicy Honey Chipotle Burger  \$8.25	Country Fried Flounder Sandwich \$8.95	Chipotle Chicken Philly Wrap \$8.95	 WeBurg Pimento Bacon Cheeseburger \$9.95	Smokey Philly Wrap peppers, onions, gouda, jalapeno ranch \$9.25
MTO	Offered Tuesday - Thursday	 BeWell Supercharged Spinach Chicken Salad (Balsamic Glazed Roast Tofu)  \$9.79	 BeWell Supercharged Spinach Chicken Salad (vegetarian option available)  \$9.79	 BeWell Supercharged Spinach Chicken Salad (Balsamic Glazed Roast Tofu)  \$9.79	See you next week!

Daily Featured Breakfast: Any Day of the Week 2 scrambled eggs, home fries, bacon
Tuesday Blueberry Flapjacks, sausage links
Wednesday Texas Style French Toast, sausage links

 vegan  gluten free  vegetarian  bewell

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