

SEPTEMBER-
28
OCTOBER-2

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	Mushroom Barley \$3.25/\$4.25 v	Chicken Gumbo \$3.25/\$4.25	Cream of Asparagus \$4.95/\$5.95	Minestrone \$3.25/\$4.25 v	Blount NE Clam Chowder \$4.95/\$5.95
ENTRÉE	Harissa Honey Glazed Chicken Thighs cous cous salad sesame green beans \$8.50	Pan Seared Tilapia rice pilaf carrots \$8.95 g	BeWell Lemon Garlic Chicken (Cal 190) orzo pilaf ,broccoli \$8.50 b	Cider-Braised Pork Loin mashed potatoes carrots \$8.50	Country Fried Steak sweet corn whipped potatoes \$9.25
PLANT FORWARD	Offered at MTO station today	Herb-Crusted Cauliflower Steak rice pilaf \$7.50 VG	BeWell Lemon Garlic Gardein Chik'N orzo pilaf \$7.50 b v	Cider-Glazed Butternut Squash Steak mashed potatoes \$7.50 v	Gardein Country Chik'N Patty whipped potatoes \$7.50 v
EXHIBITION	join us tomorrow	Taco Salad available with crumbled chorizo tofu \$8.75 v	BeWell Rainbow Crunch Bowl \$9.25 b v	Last Outdoor Pizza Station weather permitting	enjoy your weekend
PANINI served with a side	Spicy Italian \$8.75	Spicy Italian \$8.75	Spicy Italian \$8.75	Spicy Italian \$8.75	Spicy Italian \$8.75
GRILL served with a side	Grilled Cheddar Bacon Angus Burger \$9.25	Crispy Chicken Wrap Ken's Dip'n Sauce \$8.95	1/4 Pound All Beef Chili Cheese Dog \$8.75	Cajun Fried Shrimp Po' Boy \$9.25	Grilled Turkey Patty caramelized apples & onions \$8.95
MTO	BLT Chopped Salad gardein Chik' N option offered with 'Carrot Bacon' \$9.79 v	BLT Chopped Salad gardein Chik' N option offered with 'Carrot Bacon' \$9.79 v	BLT Chopped Salad gardein Chik' N option offered with 'Carrot Bacon' \$9.79 v	BLT Chopped Salad gardein Chik' N option offered with 'Carrot Bacon' \$9.79 v	See you next week

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



vegan



made without gluten



vegetarian



BeWell