

WEEK OF:

September 8-12

This Week's Features:

Monday Exhibition

Santa Fe Chicken Caesar Salad \$8.75
(Allergens- Wheat, Milk)

Tuesday Exhibition

BeWell Chicken, Butternut Squash, Kale and Cranberry Stir Fry \$8.95
(Allergens- Milk)

 Tofu Option Available

Wednesday Exhibition

Caribbean Pork Stir Fry \$8.75
(allergens: soy, wheat)

Thursday Exhibition

Beef Fajita 9.25

(Allergens- Wheat, Milk)

Friday Exhibition

BeWell Loaded Pesto Pasta Bowl \$8.75
(Cal 590) with whole wheat pasta, shredded chicken & fresh broccoli (Allergens- Wheat, Milk)

 available with Gardein Shredded Chik'N

MTO Featured Salad: (offered Tuesday-Thursday)

BeWell Blueberry Supercharged Spinach Salad
Baby spinach, fresh blueberries, thin sliced red onion, fennel, toasted almonds, lemon poppy seed dressing and roast chicken. (Cal 280) (Allergen- tree nuts)

 Balsamic Glazed Roast Tofu " offered **\$9.79**

Daily Soup


Monday- Beef Barley

kitchen- - beef on speed rack)

Tuesday- Chicken Noodle

Wednesday- Shrimp & Sausage Gumbo

kitchen- - on speed rack)

 **Thursday-Cream of Mushroom**


Friday- Blount NE Clam Chowder


***Menu subject to change**




-  = Vegetarian Selection
-  = Vegan Selection
-  = BeWell selection
-  = **Gluten Free** Selection

Monday

Entree  **BeWell Beet Marinated Salmon (Cal 250)- With Israeli Cous Cous & Roasted Broccoli** (Allergens-Seafood, Wheat) **9.25**


Plant Forward  **BeWell Beet Marinated Tofu Served with Israeli Cous Cous (Allergen- Wheat, Soy)** **7.50**

Featured Panini The Vermonter- Sliced Ham, Cheddar, Apples, Arugula, Maple Mayo and Caramelized Onions on Raisin Bread. Served with a choice of Fresh fruit Specialty Salad, or choice of any Lay's ® Chips (Allergens: Wheat, Milk, Egg) **8.95**

Grill  **Malibu Sweet & Spicy Honey Chipotle Burger with lettuce & tomato on a wheat roll. Served with sweet Potato fries** **8.25**

Tuesday


Entrée Traditional Beef & Rice Stuffed Cabbage baked and topped with a Sweet and Sour Tomato Sauce. Accompanied by Mashed Potatoes and Green Beans (Allergen-Egg, soy, milk, wheat) **8.50**

Plant Forward  **Herb Crusted Gardein "Chik'n" Patty Served Over Mashed Potatoes with a Sweet and Sour Tomato Sauce . (Allergens- Soy, Milk)** **7.50**

Featured Panini The Vermonter- Sliced Ham, Cheddar, Apples, Arugula, Maple Mayo and Caramelized Onions on Raisin Bread. Served with a choice of Fresh fruit Specialty Salad, or choice of any Lay's ® Chips (Allergens: Wheat, Milk, Egg) **8.95**


Grill Country fried flounder sandwich, American Cheese, Tartar Sauce, French fries & any size fountain beverage (Allergen-seafood, Wheat, Egg) **8.95**

Wednesday


Entrée  **Porcini Rubbed Flank Steak- Grilled Flank Steak Served with Wild Rice Pilaf, Fresh Carrots, and a Shallot Cream Sauce (Allergen- Milk)** **9.25**


Plant Forward  **Porcini Mushroom Risotto Served with fresh carrots (Allergen-Milk)** **7.50**

Featured Panini The Vermonter- Sliced Ham, Cheddar, Apples, Arugula, Maple Mayo and Caramelized Onions on Raisin Bread. Served with a choice of Fresh fruit Specialty Salad, or choice of any Lay's ® Chips (Allergens: Wheat, Milk, Egg) **8.95**

Grill  **WeBurg Pimento Cheese Bacon Cheeseburger- Grilled Beef Patty, Pimento Cheese, Bacon, Lettuce, And Pickles on a Toasted Potato Bun. Served with Sidewinder fries (Allergen- Wheat, Milk)** **(pimento cheese in walkin check)** **9.95**

Thursday

Entrée  **BeWell Chicken Cacciatore (Cal 498) - Tomato and White Wine Braised Chicken Thigh Served with Whole Wheat Spaghetti and Garlic Roasted Broccoli (Allergens- Wheat)** **7.95**

Plant Forward  **BeWell Tofu Cacciatore (Cal 357)- Golden Roasted Tofu Braised in a White Wine Tomato sauce. Served with Whole Wheat Spaghetti (Allergens- Wheat, Soy)** **7.50**

Featured Panini The Vermonter- Sliced Ham, Cheddar, Apples, Arugula, Maple Mayo and Caramelized Onions on Raisin Bread. Served with a choice of Fresh fruit Specialty Salad, or choice of any Lay's ® Chips (Allergens: Wheat, Milk, Egg) **8.95**

Grill Classic Reuben- Corned Beef with Swiss Cheese, Sauerkraut, and Thousand Island grilled on Rye Bread. Served With French fries (Allergens: Wheat, Milk) **(kitchen- corned beef in house)** **9.25**

Friday

Entrée Roast Pork Loin Topped with Caramelized Onions and Apples. Served with Pierogies and a Roasted Vegetable Medley (Allergens-Milk, Egg, Wheat) **(check freezer pierogies)** **8.25**

Plant Forward Offered off exhibition station today

Panini The Vermonter- Sliced Ham, Cheddar, Apples, Arugula, Maple Mayo and Caramelized Onions on Raisin Bread. Served with a choice of Fresh fruit Specialty Salad, or choice of any Lay's ® Chips (Allergens: Wheat, Milk, Egg)

Grill- Smokey Philly Wrap tossed with Peppers, Onions and Topped with Smoked gouda and a Jalapeno Ranch in a Tortilla Wrap. Served with Fries & any size fountain beverage (Allergens: Wheat, Milk, Egg) **\$9.25**