

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



















 EAT WELL

 LOCALLY SOURCED

 VEGETARIAN

 VEGAN

 PLANT-CENTRIC

LUNCH	MONDAY 2/24	TUESDAY 2/25	WEDNESDAY 2/26	THURSDAY 2/27	FRIDAY 2/28
KETTLE SOUP \$3.50	Broccoli Cheddar	Vegetable Orzo 	Cream of Chicken & Rice	Spiced Sweet Potato 	
SANDWICHES \$7.50	Chicken Salad Wrap	Turkey & Provolone on White	Tuna Salad Wrap	Ham & Cheddar on Wheat	Pepperoni & Mozzarella
GLOBAL FLAVOUR \$8.95/\$7.95	Caribbean Jerk Chicken Jerk Seasoned Tofu 	Beef Lo Mein Veggie Lo Mein 	Ruz al Bukhari Can be Vegetarian or Topped with Chicken	Southern Fried Chicken Vegan Fried Chicken 	Salmon & Spinach Caprese Pasta Tossed in Garlic Butter Sauce Spinach Caprese Pasta Tossed in Garlic Butter Sauce 
SIDES \$1.95	Coconut Rice & Peas  Roasted Broccoli 	Vegetable Spring Rolls  Garlic Ginger Carrots 	Seasoned Vegetables  Naan Bread 	Mac n' Cheese  Collard Greens 	Garlic Bread  Roasted Squash & Peppers 
ACTION \$9.95		Cajun Shrimp & Grits Made to Order		Cajun Shrimp & Grits Made to Order	
URBAN EATS \$7.95	Pulled BBQ Chicken Slider	Pulled BBQ Chicken Slider	Pulled BBQ Chicken Slider	Pulled BBQ Chicken Slider	Pulled BBQ Chicken Slider
CITY GRILL \$6.95 PIZZA VILLAGGIO \$4.95	Kickin' Chicken: Buffalo Chicken 'Which Cheese Pizza 	Kickin' Chicken: Bacon Ranch 'Which Spinach Tomato Pizza 	Kickin' Chicken: Classic 'Which Meat Lovers Pizza	Kickin' Chicken: Hot Honey Chicken 'Which Buffalo Chicken Pizza	Kickin' Chicken: Classic 'Which with Cheese Pepperoni Pizza

Always Available for Mornings:

Fruit Cups and Parfaits, Seasonal Whole Fresh Fruit, Pastries and Hot Breakfast sandwiches

For Lunch

Salad Bar featuring Local Produce, Proteins, and Composed Salads,