

# MIEN

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Week of  
May 13, 2024

Café Main  
and Elm



THIS MONTH'S  
*functional*  
**FOOD**  
RECIPE

Join us all MONTH for Breakfast

**BYO AVOCADO BAR**  
6.95

Whole Grain Toast,  
Bacon, Red Onion,  
Hard Boiled Egg,  
Tomato, Capers

INGREDIENTS WITH HEALTH IMPROVING ATTRIBUTES

Food by FLIK

Let's connect  
@FLIKhospitality

*Happy  
Mother's  
Day*

Join us Monday, May 13  
for Spring menu favorites!

Crab, Shrimp, Blistered Tomato,  
Lemon, Basil Cavatappi  
Sweet Potato Hash  
Grilled Asparagus

Food by FLIK

**ASIAN  
AMERICAN  
PACIFIC ISLANDER  
HERITAGE MONTH**

The May, we're celebrating Asian American Pacific Islander Heritage Month highlighting the culinary visionaries and trailblazers who continue to influence how we eat with recipes from across the Asian diaspora. Paying homage to their roots, these signature recipes take basic culinary fundamentals, layer family tradition and innovation, and infuse a dash of innovation, resulting in something delicious.

**Wednesday, May 16<sup>TH</sup>**

Join us at the ACTION STATION

**BYO Bahn Mi Bowl**  
Vietnamese Chicken, Pork

## M MONTHLY BREAKFAST SPECIAL **BYO Avocado Toast Bar**

Spicy Chicken, Roasted Vegetable **FIT**

**CRAB, SHRIMP, BLISTERED GRAPE TOMATO, SPINACH, LEMON BASIL, CAVATAPPI**

Sweet Potato Hash **FIT**

Grilled Asparagus **FIT**

*Celebrate Mother's Day*

**Salad** Antipasto Pasta Salad

**Deli** Turkey, Fig Jam, Brie, Arugula, Multigrain

**Grill** Bratwurst, Caramelized Onions, Cheddar, Pretzel Roll

**T** Mushroom Bisque  
Spicy Chicken Roasted Vegetable **FIT**

**CUBAN STUFFED PORK LOIN**

Cuban Mojo Roasted Potato

Roasted Mushrooms **FIT**

**Salad** Avocado, Pineapple Salad **FIT**

**Deli** Buffalo Chicken, Bleu Cheese, Avocado, Wrap

**Grill** Caribbean Jerk Chicken, Pineapple Slaw, Brioche

**ACTION SPRING SALAD**

**W** Spicy Sausage, Minestrone **FIT**  
Mushroom Bisque

**ARROZ CON POLLO**

Yucca Fries

Steamed Spinach, Sauteed Garlic **FIT**

**Salad** Arugula, Fresh Fig, Parmesan **FIT**

**Deli** Chicken, Artichoke, Pesto, Mozzarella, Whole Wheat Wrap **FIT**

**Grill** Falafel Sandwich, Tomato, Cucumber, Feta, Pita

**ACTION BAHN MI RICE BOWL**

**Th** Split Pea **FIT**  
Spicy Sausage, Minestrone **FIT**

**SPICY RED CURRY, BEEF**

Jasmine Rice **FIT**

Thai Curry Roast Green Beans **FIT**

**Salad** Tomato, Avocado Salad

**Deli** Avocado Stuffed Southwest Tuna **FIT**

**Grill** Beef Tacos

**ACTION BYO MASHED POTATO BOWL**

**F** Jamaican Beef Patties

## GRAB AND GO

**Sandwich of the week** Prosciutto, Fresh Mozzarella, Tomato, Balsamic Glaze, Baguette

**Salad of the week** Chef Salad