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Week of July 29, 2024

Café Main and Elm



M WEEKLY BREAKFAST SPECIAL

Chicken, Basil, Cannellini Bean **FIT**

PENNE BOLOGNESE

Rosemary Garlic Potato Wedges **FIT**
Roasted Broccoli Rabe, Garlic **FIT**

Salad Mediterranean Pasta Salad **FIT**
Deli Curried Chicken Salad, Brioche Bun
Grill Andouille Sausage, Onion, Cheddar Griddle Melt

Meat Lover's Frittata

T Asparagus Leek Potato **FIT**
Chicken, Basil, Cannellini Bean **FIT**

SHRIMP, VEGETABLE TIKKA MASALA

Basmati Rice **FIT**
Roasted Curried Vegetables **FIT**

Salad Watermelon, Cotija, Jalapeno **FIT**
Deli Tomato, Basil, Fresh Mozzarella, Whole Wheat Sandwich Thin **FIT**
Grill Buffalo Chicken Quesadilla

ACTION LOCAL HEIRLOOM TOMATO BONANZA

W Spicy Vegetable Bean Chili **FIT**
Asparagus, Leek, Potato **FIT**

JALAPENO, CILANTRO CHICKEN THIGH

Broccoli, Farro, Risotto Parmesan **FIT**
Steamed Carrots **FIT**

Salad Grilled Romaine Caesar **FIT**
Deli Falafel Gyro, Tzatziki, Pita
Grill PARISIAN SANDWICH Jamon, French Brie, Baby Arugula, Honey Mustard

ACTION OLYMPIC HERO BAR

Th Manhattan Clam Chowder
Spicy Vegetable Bean Chili

STIR FRIED PEPPERSTEAK

Herbed Rice Pilaf **FIT**
Soy Roasted Japanese Eggplant **FIT**

Salad Roasted LOCAL Peaches, Spinach, Goat Cheese **FIT**
Deli Crispy Ranch Chicken, Bacon, Cheddar, Avocado, Wrap
Grill BBQ Pulled Chicken, Frizzled Onions, Ciabatta

ACTION KOREAN BBQ CHICKEN

F Asian Pork Burger,
Choice of Side

GRAB AND GO

Sandwich of the week

Roast Beef, Smoked Gouda, Caramelized Onions, Ciabatta Baguette

Salad of the week

Trio Salad, Tuna, Egg, Chicken, Crackers