

MONDAY

Yolk & Folk: spinach mushroom egg white frittata	\$6.05
Soup Ladle: chicken noodle soup, broccoli cheddar soup	\$2.39 / \$3.39
Main Dish: spaghetti and meat sauce over linguine noodles with garlic bread	\$11.99
Char House: bbq turkey burger with turkey bacon on brioche	\$6.29
Heritage Deli: grilled jerk chicken wraps with pepperjack cheese, lettuce and tomato	\$7.39
Salad Studio: garden salad with carrot, tomato, cucumber and boiled egg	\$7.39
Salad Studio: chicken Caesar salad with croutons and Parmesan cheese	\$7.39

TUESDAY

Yolk & Folk: blueberry pancakes	\$6.05
Soup Ladle: chicken noodle soup, broccoli cheddar soup	\$2.45 / \$3.53
Main Dish: chicken, shrimp or beef fajitas served with a side of cinnamon sugar plantains	\$11.99
Char House: flounder fish hoagie with lettuce, tomato onion and spicy mayo	\$6.29
Heritage Deli: grilled jerk chicken wraps with pepperjack cheese, lettuce and tomato	\$7.39
Salad Studio: garden salad with carrot, tomato, cucumber and boiled egg	\$7.39
Salad Studio: chicken Caesar salad with croutons and Parmesan cheese	\$7.39

WEDNESDAY

Yolk & Folk: mediterranean egg white breakfast wraps	\$6.05
Soup Ladle: chicken noodle soup, broccoli cheddar soup	\$2.45 / \$3.53
Main Dish: tempura chicken and vegetables over fried rice with sweet soy dipping sauce	\$11.99
Char House: turkey reuben sandwich with sauerkraut and thousand island dressing	\$7.29
Heritage Deli: grilled jerk chicken wraps with pepperjack cheese, lettuce and tomato	\$7.39
Salad Studio: garden salad with carrot, tomato, cucumber and boiled egg	\$7.39
Salad Studio: chicken Caesar salad with croutons and Parmesan cheese	\$7.39

THURSDAY

Yolk & Folk: French toast with berries	\$6.05
Soup Ladle: chicken noodle soup, broccoli cheddar soup	\$2.45 / \$3.53
Main Dish: sushi burrito with shrimp, crab or salmon, toppings and kewpie spicy mayo	\$11.99
Char House: flank steakhouse sandwich with bacon and crispy onion	\$6.29
Heritage Deli: grilled jerk chicken wraps with pepperjack cheese, lettuce and tomato	\$7.39
Salad Studio: garden salad with carrot, tomato, cucumber and boiled egg	\$7.39
Salad Studio: chicken Caesar salad with croutons and Parmesan cheese	\$7.39

FRIDAY

Yolk & Folk: banana walnut pancakes	\$6.05
Soup Ladle: chicken noodle soup, broccoli cheddar soup	\$2.45 / \$3.53
Main Dish: mango habanero wings (5) and soy Asian wings (5)	\$8.99
Char House: fried flounder fish basket with fries and coleslaw	\$10.99
Heritage Deli: grilled jerk chicken wraps with pepperjack cheese, lettuce and tomato	\$7.39
Salad Studio: garden salad with carrot, tomato, cucumber and boiled egg	\$7.39
Salad Studio: chicken Caesar salad with croutons and Parmesan cheese	\$7.39