

MONDAY

Yolk & Folk: omelets made to order/ French apple French toast
Soup Bowl: Caribbean jerk chicken
Main Dish: salmon served with mashed sweet potatoes and sauteed spinach
Char House: bbq pulled pork sandwich with cheddar and crispy onions
Heritage Deli: assorted sandwiches and wraps
Salad Studio: garden salad with tomatoes, carrot, cucumber, boiled egg/
 Asian chicken cucumber salad
Rustica: plain pizza, pepperoni pizza

\$3.27/\$5.99
 \$2.39sm/ \$3.39lg
 \$12.99
 \$6.05
 \$7.09
 \$7.09
 \$3.15

TUESDAY

Yolk & Folk: omelets made to order/ breakfast burritos
Soup Bowl: Caribbean jerk chicken
Main Dish: beef, chicken and shrimp burritos served with tortilla chips and guacamole
Char House: loaded chili tots with cheese sauce and chili and scallions
Heritage Deli: assorted sandwiches and wraps
Salad Studio: garden salad with tomatoes, carrot, cucumber, boiled egg/
 Asian chicken cucumber salad
Rustica: plain pizza, vegetable supreme pizza

\$3.27/\$5.99
 \$2.39sm/ \$3.39lg
 \$10.99
 \$5.99
 \$7.09
 \$7.09
 \$3.15

WEDNESDAY

Yolk & Folk: omelets made to order/ bananas foster waffles
Soup Bowl: Caribbean jerk chicken
Main Dish: pasta bar with salmon, chicken or shrimp, pasta, assorted toppings and sauces
Char House: crispy Buffalo chicken with pepperjack and bacon on a brioche bun
Heritage Deli: assorted sandwiches and wraps
Salad Studio: garden salad with tomatoes, carrot, cucumber, boiled egg/
 Asian chicken cucumber salad
Rustica: plain pizza, sausage pizza

\$3.27/\$5.99
 \$2.39sm/ \$3.39lg
 \$12.99
 \$6.05
 \$7.09
 \$7.09
 \$3.15

THURSDAY

Yolk & Folk: omelets made to order/ turkey bacon, egg and cheese waffle sandwich
Soup Bowl: Caribbean jerk chicken
Main Dish: dip bar: assorted dips served with tortilla chips or crostini bread
Char House: salmon blta on a brioche bun
Heritage Deli: assorted sandwiches and wraps
Salad Studio: garden salad with tomatoes, carrot, cucumber, boiled egg/ Asian chicken cucumber salad
Rustica: plain pizza, chicken bacon ranch pizza

\$3.27/ \$5.99
 \$2.39sm/ \$3.39lg
 \$9.99
 \$7.99
 \$7.09
 \$7.09
 \$3.15

FRIDAY

Yolk & Folk: omelets made to order/ peach overnight oats
Soup Bowl: Caribbean jerk chicken
Main Dish: seafood diablo served with mussels, crab, shrimp and cod in a spicy red sauce over fettucine noodles
Char House: fiesta burger with guacamole, salsa
Heritage Deli: assorted sandwiches and wraps
Salad Studio: garden salad with tomatoes, carrot, cucumber, boiled egg/ Asian chicken cucumber salad
Rustica: plain pizza, spinach and artichoke pizza

\$3.27/ \$5.99
 \$2.39sm/ \$3.39lg
 \$12.99
 \$6.05
 \$7.09
 \$7.09
 \$3.15

If you have a food allergy, questions, comments please notify us.

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