

In Your Café

Hours of Operation: Breakfast 7- 9am; Lunch 11:30am - 1:30pm; Dinner 5-6:30pm

WEEK OF
Feb 20-24



MON

- Asian Style
- Cashew Orange Chicken
 -  Thai Tilapia~Coconut Curry
 - Stir Fry Beef & Vegetables~Noodles
 - Pot Stickers~Dipping Sauce
 -  Jasmine Stir Fry Vegetable Rice
 -  Bok Choy~Ginger
 - Mandarin~Lotus Root~Greens
- Fortune Cookie

TUES

- Fat Tuesday
Mardi Gras!
- Chicken Etouffee
 -  Blackened Roughy Fish~Citrus Salsa
 - Crawfish~Shrimp Po Boy
 - Smoke Cheddar Grit Cakes
 -  Classic Dirty Rice
 -  Sno Pea~Broccoli Slaw
 - Vegetable Jambalaya
 - Gluten Free Beignets~Bourbonaise
 - Peach Short Cake




WED



- Seth's
Octoberfest
- Beer~Brats~Kraut~Hoagie Roll
 - Chicken Schnitzel~Bacon Mushroom Sauce
 -  Roasted Pears~Winter Greens~Grains
 -  Green Beans Caraway Carrots
 - Fried Potato Salad Dill Cakes
 - House Soft Pretzels~Black Salt~Cheese
- Apple Struedel~Creme Fraiche


THUR


- Italian
-  Manicotti~Marinara
 -  Salmon Risotto Cakes
 - Italian Sausage Meatballs
-  Fennel~Kale~Pine nut Salad
 -  Grill Asparagus
 - Eggplant Parmesan
 - Vegetable Ziti
 - Garlic Bread

FRI

- Mothers Comfort:
- Shepards Pie
 -  Roast Turkey
 - Gravy
 -  Sweet Peas~Carrots
 -  Train Wreck Salad
 - Mashed Potatoes
 - Macaroni and Cheese
- Brioche Tart~Berries

- Soup Special
Chicken
-  Noodle & Roast
 -  Tomato Garlic

- Soup Special
-  Collard Black eye Pea & Corn Chowder

- Soup Special
-  Chicken Motza Ball & Cheddar & Beer

- Soup Special
- Beef Barley & Pasta Fagioli

- Soup Special
- Pork & Green Chili & Butternut Squash



Indicates a Balance wellness menu item. Please visit the café for additional information and for nutritional values.

Menu Subject To Change