FÖD

FEATURED SPECIALS

11/16 - 11/22



BREAKFAST

Monday - Friday | 7:00 AM - 10:30 AM

LUNCH

Monday - Friday | 11:00 AM - 2:30 PM

DINNER

Monday - Thursday | 4:30 PM - 9:00 PM
Friday - Sunday | 4:30 PM - 8:00 PM

BRUNCH

Saturday - Sunday | 8:00 AM - 2:30 PM

Menu items may change based on product availability.
Select specials offered on a first-come-first-served basis.
Allergen information can be found at the order kiosk.

MONDAY, NOVEMBER 16

LUNCH

Crispy Chicken Caesar Wrap

Crispy Chicken, Romaine, Caesar, Parmesan, Flour Tortilla

Crab Rangoon Melt

White Bread, Imitation Crab, Cream Cheese, Scallion

DINNER

California Chicken Wrap

Grilled Chicken, Bacon, Avocado, Lettuce,
Tomato, Spicy Mayo

Pot Roast

Potatoes, Carrots, Au Jus

Teriyaki Chicken Lomein

Stir Fry Mix, Lomein, Stir Fry Sauce

TUESDAY, NOVEMBER 17

LUNCH

Curried Chicken Salad Wrap

Flour Wrap, Spinach, Curried Chicken Salad

IT'S TIME TO TOUCH GRASS

Crispy Falafels

Cous Cous Tabbouleh Salad, Tzatziki Sauce

DINNER

Hot Honey Fried Shrimp Platter

Coleslaw, Fries or Veg of the Day

Quesabirria Tacos

Corn Tortillas, Pulled Beef, Mozzarella Cheese, Cilantro, Diced Red Onion, Dipping Broth

Spinach Pesto Shrimp Alfredo

Linguini, Shrimp, Pesto, Spinach

WEDNESDAY, NOVEMBER 18

LUNCH

Lemon Tarragon Tuna Salad Sandwich

mindful Enjoy Health

Wellness Wednesday

Tuna Salad, Sliced Apples, Spring Mix, Tomatoes, Greek Yogurt, Whole Grain Bun

Loaded Chicken Bacon Ranch Fries

Fries, Ranch, Bacon, Grilled Chicken, Mixed Cheese, Scallions

DINNER

Harissa Chicken Pizza

mindful Enjoy Health

Wellness Wednesday

Whole Grain Flatbread, Harissa Chicken, Charred Cauliflower, Roasted Chickpeas, Roasted Red Peppers, Mozzarella Cheese, Yogurt Sauce

Cynthia's Cornbread Bowl

Chicken Piccata

Pasta, Breadstick

THURSDAY, NOVEMBER 19

LUNCH

General Tso's Chicken

White Rice, Broccoli

Jerk Chicken Breast

6 oz Breast, Roasted Sweet Potatoes, Veg of the Day

DINNER

Thanksgiving Wrap

Roast Turkey, Mashed Potatoes, Cranberry Mayo, Side of Gravy

Roasted Turkey Plate

Roasted Herb Turkey, Gravy, Mashed Potatoes, Green Bean Casserole

Glazed Ham

Brown Sugar Glazed Ham, Candied Yams, Collard Greens



FRIDAY, NOVEMBER 20

LUNCH

Chicken Bacon Ranch Sliders

Chicken Tenders, Bacon, Ranch

Chimmichurri Salmon

Rice Pilaf, Veg of the Day, Chimmichurri

DINNER

FoD Appetizer Trio

Cinnamon Churro, Fried Pickles, Loaded Fries

Avocado Chipotle Chicken Sandwich

Toasted Texas Toast, Cheddar Cheese, Grilled Chipotle Chicken, Avocado, Chipotle Mayo

Dominican Steak

Rice and Beans

Monday, 11/16 - Friday, 11/20

(Offered all week long)

BREAKFAST

Cookies & Cream Pancakes

3 Pancakes, layed with crushed oreos and vanilla cream drizzle and topped with whipped cream

Avocado Bacon Bagel Melt

Toasted Everything Bagel, mashed avocado, bacon, cheddar cheese & a fried egg

Breakfast Taco Bowl

Homefries topped with scrambled egg, black beans, avocado, salsa and cheese.

LUNCH

Pepperoni Flatbread

Marinara, Mozzarella Cheese, Pepperoni(Option to Add Hot Honey

French Onion Burger

Carmalized Onion, Provolone, Roasted Garlic Mayo

BBQ Bowl

Mashed Potatoes or Chopped Romain, BBQ Pulled Pork or Honey BBQ Popcorn Chicken
TOPPINGS: Coleslaw, Pickles, Onion Straws, Grilled Corn

Vodka Ravioli

Cheese Ravioli, Vodka Sauce(Option to add Garlic Shrimp)

Sriracha Mayo

(Sauce of the Week)

Monday, 11/16 - Friday, 11/20

(Offered all week long)

DINNER

Jalapeno Cheddar Crunch Burger

Crispy Onion Straws, Pickled
Jalapenos, Cheddar, Spicy Ranch

Steak au Poivre Gnocchi

Creamy Au Poivre Sauce, Gnocchi,
Steak Tip, Parsley

French Dip Melt

Ciabatta Club Roll, Pulled Beef,
Provolone, Caramelized Onions,
Horseradish Mayo

Sriracha Mayo

(Sauce of the Week)

Saturday, 11/21 - Sunday,11/22

BRUNCH

Bacon Cheddar

Omelet filled with cheddar cheese and bacon

Cookies & Cream Pancakes

3 Pancakes, layed with crushed oreos and vanilla cream drizzle and topped with whipped cream

Steak & Eggs

Steak Bites and Garlic Roasted Potatoes topped with a Fried Egg and Hollandaise



CONTACT US