

FÖD

SPECIALS MENU

OCT 26 - OCT 30



DOOR PRICES (WITHOUT A MEAL PLAN SWIPE)
Breakfast: \$11.50 | Lunch, Dinner, and Brunch: \$14.50

Menu items may change based on product availability.
Allergen information can be found at the order kiosk.

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 | 10:30 AM - 2:30 PM

FÖD *SPECIALS OF THE WEEK*

BREAKFAST (Monday - Friday)

STACK OF THE WEEK

Sweet Potato Pancakes

Sweet Potato Flavored Pancakes topped with
Cinnamon Butter & Caramel Sauce

PREMIUM BREAKFAST SANDWICH OF THE WEEK

Bacon French Toast Sandwich

French Toast Bread filled with Bacon,
Cheddar Cheese, Eggs, Maple Syrup

BREAKFAST BOWL OF THE WEEK

Blackberry Yogurt Breakfast Bowl ***(Mindful Meal)***

Blackberry Greek Yogurt topped with
Blackberries, Mango and Granola Crisp



FÖD ***SPECIALS OF THE WEEK***

LUNCH (Monday - Friday)

FLATBREAD OF THE WEEK

Margherita Flatbread

Marinara, Fresh Mozzarella Cheese,
Sliced Tomatoes, Basil

BURGER/SANDWICH OF THE WEEK

Patty Melt

Burger Patty, Sauteed Onions,
American Cheese, White Bread

BOWL OF THE WEEK

Cuban Mojo Bowl

Mojo Pulled Chicken Thigh, Yellow Rice
Toppings: Fried Plantains, Black Beans,
Lime Crema, Pickled Onions, Cilantro

MAC/PASTA OF THE WEEK

Cajun Mac & Cheese

Cajun Alfredo, Pasta, and a Choice of Shrimp or Chicken

SAUCE OF THE WEEK

Roasted Garlic Mayo

FÖD ***SPECIALS OF THE WEEK***

DINNER (Monday - Friday)

BURGER/SANDWICH OF THE WEEK

Mac Attack Burger

Beef Patty, Mac & Cheese, Bacon

PASTA/BOWL OF THE WEEK

Lemon Pepper Chicken & Rice Bowl

Seasoned Yellow Rice and a Cucumber Salad composed of Cucumber, Olives, Tomatoes, Onion, Feta Cheese, Oil & Vinegar

PANINI OF THE WEEK

Buffalo Chicken Panini

Shredded Buffalo Chicken, Cream Cheese, Cheddar Cheese, White Bread

SAUCE OF THE WEEK

Roasted Garlic Mayo

FÖD *SPECIALS OF THE WEEK*

BRUNCH (*Saturday - Sunday*)

OMELET DU JOUR OF THE WEEK

Bacon & Potato Omelet

Omelet filled with Cheddar Cheese,
Crispy Bacon and Potatoes

STACK OF THE WEEK

Sweet Potato Pancakes

Sweet Potato Flavored Pancakes topped with
Cinnamon Butter & Caramel Sauce

BRUNCH SPECIAL OF THE WEEK

Southern Style Benedict

Buttermilk Biscuit, Bacon, 2 Fried Eggs & Hollandaise
Sauce, served with a side

FÖD ***SPECIALS OF THE DAY***

MONDAY, OCTOBER 26

LUNCH

Chili Cheese Fries

Beef Chili, Shredded Cheddar
Cheese, Scallions

Chimichurri Chicken

Grilled Chicken, Rice Pilaf, Vegetable of the Day,
Chimichurri Sauce

DINNER

Crispy Buffalo Chicken Sandwich

Potato Bun, Chicken Patty, Blue Cheese
Dressing, Lettuce, Tomato

Cheeseburger Sliders

American Cheese, Burger Sauce

Spaghetti & Meatballs

Topped with Marinara Sauce

FÖD ***SPECIALS OF THE DAY***

TUESDAY, OCTOBER 27

LUNCH

Crispy Chicken Bacon Ranch Tacos

Chicken Tenders, Lettuce, Bacon,
Ranch, Cheddar Cheese

Crunch Wrap

Flour Tortilla, Crispy Corn Tortilla, Taco Beef,
Sour Cream, Nacho Cheese, Lettuce, Tomatoes

DINNER

Italian Wrap

Ham, Salami, Capicola, Provolone Cheese,
Cherry Peppers, Red Onion, Lettuce, Mayo

Cajun Honey Sausage & Shrimp

Served with White Rice

Creamy Tuscan Chicken

Creamy Basil Sundried Tomato Sauce,
Mashed Potatoes, Vegetable of the Day

FÖD SPECIALS OF THE DAY

WEDNESDAY, OCTOBER 28

LUNCH

Chicken Philly Cheesesteak

Chicken Philly Meat, Peppers, Onions,
American Cheese, Lettuce, Tomato, Mayo

Carolina Gold BBQ Chicken Sandwich (Mindful Meal)

Pulled Chicken, Carolina Gold BBQ Sauce, Whole
Grain Bun, Lettuce, Tomato, Onion, Pickles



DINNER

Honey Harissa Chicken Tacos (Mindful Meal)

Harissa Chicken, Cucumber, Roasted Corn, Pickled Red
Onion, Feta Cheese, Avocado-Mint Yogurt Sauce



Garlic Beef & Broccoli

Served with White Rice

Creamy Mushroom Pasta

Peppers, Onions, Shrimp

FÖD ***SPECIALS OF THE DAY***

THURSDAY, OCTOBER 29

LUNCH

Chicken Parm Sandwich

Crispy Chicken, Marinara, Fresh
Mozzarella Cheese, Kaiser Roll

Salmon BLT

Brioche Bun, Grilled Salmon, Lettuce,
Tomato, Bacon, Mayo

DINNER

Chicken & Broccoli Casserole

Rice, Bread Crumb Topping

Sticky Rice Teriyaki Salmon Bowl

Sticky Rice, Teriyaki Glazed Salmon, Snap Peas,
Broccoli, Sriracha Mayo

Cabbage Chicken Alfredo & Peppers

Cabbage, Peppers, Chicken,
Alfredo Sauce

FÖD SPECIALS OF THE DAY

FRIDAY, OCTOBER 30

LUNCH

Pork Pernil Burrito

Pernil, Cilantro Rice, Black Beans,
Lime Crema, Mozzarella Cheese

Grilled BBQ Chicken Sandwich

BBQ Chicken, Brioche, Pepper Jack Cheese,
Pickled Jalapenos, Fried Onion Straws

DINNER

Crispy Shrimp Po Boy

French Bread, Crispy Shrimp, Lettuce,
Tomato, Remoulade

Steak Tacos

Flour Tortilla, Flank Steak, Pico,
Cotija Cheese, Crema

General Tso's Chicken

White Rice, Broccoli