

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

OCTOBER 7-11



RISE & SHINE

BREAKFAST SPECIALS

MONDAY - black forest ham egg & cheese brioche sandwich	6.50
TUESDAY - egg white mix veggie omelet *	6.50
WEDNESDAY - egg & cheese breakfast green enchilada	6.50
THURSDAY - applewood bacon egg & cheese bagel	6.50
FRIDAY - sweet potato egg benedict *	6.50

MON

CREATE

sweet & spicy gochujang chicken over steamed rice & sesame ginger bok choy *



8.50

FLAME

chipotle apple grill chicken sandwich on wheat bun *

8.00

TUES

CREATE

pork chile verde with cilantro rice & traditional pinto bean



8.50

FLAME

portobello arugula mozzarella mediterranean flatbread *

8.00

WED

CREATE

creamy tomato basil shrimp & cheese ravioli served with garlic bread and steamed broccoli .



9.00

FLAME

grill baja fish tacos with mango slaw *

8.00

THURS

CREATE

honey red curry thai pork loin & orange chili rice noodles, sweet spicy asian mixed vegetables *



9.00

FLAME

bulgogi chicken sandwich *

8.00

FRI

CREATE

lemon parsley stuffed salmon with sundried tomato rice & seasonal vegetables *



9.00

FLAME

grilled vegetables & pumpkin hummus sundried tomato wrap *

8.00

WEEKLY FEATURES

BUILD A *better* SALAD

IN SUPPORT OF
breast cancer
AWARENESS
MONTH



1
LEAD WITH
LEAFY
GREENS

2
ADD COLORFUL
VEGGIES

3
PICK UP SOME
PROTEIN

4
DRIZZLE WITH
DRESSING



eatify

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SOUPS

MONDAY

chicken noodle * 1.75/2.50/3.00

TUESDAY

pork pozole 1.75/2.50/3.00

WEDNESDAY

seafood chowder * 1.75/2.50/3.00

THURSDAY

beef chili 2.00/2.75/3.50

FRIDAY

bean harissa * 1.75/2.50/3.00

CONNECT WITH US

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Suggested healthy option