

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

JANUARY 13-17



RISE & SHINE

BREAKFAST SPECIALS

MONDAY-	yukon gold onion swiss cheese and rosemary omelet (vegetarian) *	6.50
TUESDAY-	mediterranean egg hash breakfast wrap *	6.50
WEDNESDAY-	spinach, mushroom breakfast pizza (vegetarian) *	6.50
THURSDAY-	yogurt parfait & quinoa bowl *	5.00
FRIDAY-	ham mushroom swiss egg white frittata *	6.50

MON

CREATE

herbed chicken marsala with roasted potatoes & steamed seasonal vegetables *

FLAME

sesame ginger salmon wrap with siracha mayo *



TUES

CREATE

sweet & sour pork with basmati rice & stir-fry mix vegetables *

FLAME

frizzled onion bbq turkey burger with side seasonal mix salad



WED

CREATE

shrimp chicken and spicy sausage jambalaya *

FLAME

new jersey style tuna melt sandwich



THURS

CREATE

chicken tofu or beef pho *

FLAME

all american bird dog & house chips or whole fruit



FRI

CREATE

crispy tilapia fish tacos with spanish rice & traditional refined beans

FLAME

buffalo chicken tender basket



WEEKLY FEATURES

honoring
MLK DAY
MARTIN LUTHER KING, JR.



MLK Day is designated as a National Day of Service in which we are all encouraged to improve and strengthen the communities where we live and serve.

LET'S CONTINUE TO BUILD ON HIS VISION OF CREATING A BELOVED COMMUNITY.



eatify

Download and order with the app today!

SOUPS

MONDAY

french onion (vegetarian) *

1.75/2.50/3.00

TUESDAY

chicken barley *

1.75/2.50/3.00

WEDNESDAY

black bean cuban (vegetarian) *

1.75/2.50/3.00

THURSDAY

cream of asparagus (vegetarian)

1.75/2.50/3.00

FRIDAY

clam chowder

2.00/2.75/3.50

CONNECT WITH US

cafeteria7@ga.com/ruth.carrillo@compass-usa.com

Ruth Carrillo 858-455-2147



Suggested healthy option