

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast – 7am to 10am

Lunch – 11am to 1:30pm

SEP 29 – OCT 3



RISE & SHINE

BREAKFAST SPECIALS

MONDAY - bacon egg potato & pepper breakfast flatbread *	6.50
TUESDAY - stuffed ham & brie breakfast croissant	6.50
WEDNESDAY - spinach mushroom breakfast pizza *	6.50
THURSDAY - buttermilk pancakes topped with apple cinnamon walnuts *	6.50
FRIDAY - avocado chilaquiles with two any style eggs	6.50

MON

CREATE

mustard crusted pork loin with blistered green beans, cherry tomatoes & herbed potato wedges *



9.00

FLAME

truffle mushroom burger with caramelized onion bacon & avocado *

8.00

TUES

CREATE

sweet & sour chicken, vegetable fry rice & veggie spring roll *



9.00

FLAME

california turkey bbq flatbread *

8.00

WED

CREATE

crispy peruvian shrimp steamed jasmine rice & solterito corn salad *



9.00

FLAME

classic cuban sandwich & seasoned fries *

8.00

THURS

CREATE

chicken parmesan served with penne pasta & steamed seasonal vegetables *



9.00

FLAME

bratwurst with sauerkraut and horseradish mustard on hoagie roll

8.00

FRI

CREATE

cornmeal white fish with honey mustard coleslaw & baked potato *



9.00

FLAME

apple braised pork loin, apple kraut on baguette

8.00

CONNECT
WITH US

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

Ruth Carrillo 858-455-2147



Suggested healthy option

WEEKLY FEATURES

NATIONAL
Coffee
DAY

SEPT 29



SOMETHING
DELICIOUS
AWAITS YOU

SOUPS

MONDAY

butternut squash *

2.00/2.50/3.00

TUESDAY

chicken tortilla

2.00/2.50/3.00

WEDNESDAY

beef barley *

2.00/2.75/3.50

THURSDAY

beef chili

2.00/2.50/3.00



FRIDAY

clam chowder

2.00/2.50/3.00