Lunch | September 9 - 15 Metz Tuscan Veggie Pasta Jin's Stir Frv Linguini with Clams Carved Sirloin Waffle Bar Omelet station White or brown rice with peas, Variety of toppings and cheese Beef or Mushroom Pho Broth witl Eggplant, Zucchini, Red and Green water chestnuts, nappa cabbage, whole waffle with hot strawber ramen noodles, asian marinated Peppers, Yellow Squash, Chunky red cabbage, baby corn, carrots, Littleneck Clams, Lemon, Clam Horseradish Cream Sauce, Demi topping, hot apple topping, Fruit and yogurt bar beef, roasted mushrooms, bean Marinara, Fresh Basil, Garlic, Juice, Parsley, and Garlic tossed snap peas, broccoli, onions, and lace, Roasted Red Potatoes, Fresh whipped cream, and with 2 slices Bagel bar including flavored crear sprouts, jalapenos, cabbage, sliced armesan Cheese, and Penne Pasta garlic. Your choice of chicken, with Linguini Noodles Vegetable, and Dinner Rolls of bacon -- Butter and maple syrup cheeses onions, sriracha, soy sauce, -- Vegan Friendly shrimp, or tofu - vegan and GF also available Gluten free bagels available scallions friendly Mac and Cheese Bar Fried Chicken Bar Poblano's burrito bar **Baked Potato Bar** Fried Chicken Bar Mac and Cheese Bar Poblano's burrito bar Salt Crusted Jumbo Russet Potato Regular or Vegan** mac and cheese, Regular or Vegan** mac and cheese, Buttermilk Marinated Fried with your choice of protein: Sliced **Buttermilk Marinated Fried** Diced grilled chicken, crispy sriracha Diced grilled chicken, crispy sriracha BBO Pork, Tex-Mex ground beef, or BBQ Pork, Tex-Mex ground beef, or Chicken or Gardein vegan wings Beef Brisket, Tuscan Grilled Chicken or Gardein vegan wings tofu, or spicy beef with black or tofu, or spicy beef with black or pasted chicken with assorted topping roasted chicken with assorted choice of sauce: comes with Chicken, or Vegan Bean Chili choice of sauce: comes with efried heans your choice of cilantro refried beans your choice of cilantro to include hot peppers and onions, oppings to include hot peppers and carrots, celery, ranch or blue oppings include; Cheddar Cheese ime rice or brown rice, and assorted carrots, celery, ranch or blue lime rice or brown rice, and assorted onions, bacon, scallions, peas, bacon, scallions, peas, shredded toppings made into your choice of 2 cheese dressing, choice of side: toppings made into your choice of 2 Scallions, Bacon, Sour Cream, cheese dressing, choice of side: cheese, crispy onions, broccoli, shredded cheese, crispy onions, acos, burrito, nachos, or burrito boy tacos, burrito, nachos, or burrito boy French fries, pasta salad, Bacon Diced Onions, Diced Tomatoes, French fries, pasta salad, Bacon alapenos, tomatoes, and artichokes broccoli, jalapenos, tomatoes, and vegan and GF friendly - vegan and GF friendly and broccoli ranch salad Shredded Carrots, Jalapenos, and and broccoli ranch salad Vegetarian friendly artichokes - Vegetarian friendly Roasted Corn **Brunch BLT - Everything Bagel** Hand-breaded Buttermilk Nojo Pork Ribs - A full rack of Moio with Baby Arugula, Brown Sugar Marinated Chicken Tenderloins (2) Oven Roasted Citrus Chicken Mousakka** Assorted Pastry Bar Assorted Pastry Bar Marinated Danish Pork Ribs Bacon, Green Tomato, and Over-Medium Egg Shredded Gardein Chicken and Avocado Toast with Thin Sliced Vegan Bolognese Stuffed Acorn Gardein Chicken Nuggets tossed i Black Bean Stuffed Portabella **BBQ Tofu Bites Creamy Citrus-Garlic Sauce** Tomato Squash Seasonal Donuts, House Baked Seasonal Donuts, House Baked Mashed Potatoes** Brown Sugar-Bacon Baked Beans Tater Tots Macaroni and Cheese** Seasoned Home Fries Danishes, Muffins, and Breakfast Danishes, Muffins, and Breakfast Breads Chipotle Lime Corn Grilled Asparagus Broccolini Beans with Caramelized Onions Broccoli and Cauliflower Sauteed Spinach and Artichokes Balsamic Drizzled Squash Roasted Broccoli Rosemary Turnips Herbed Carrots Pizza Bar Chef's Daily Pasta Marinara Sauce Alfredo Sauce** Marinara Sauce Alfredo Sauce** Marinara Sauce Alfredo Sauce** Marinara Sauce Pasta Grilled Chicken Grilled cheese** Jumbo All Beef Hot Dogs Grilled Chicken Hamburgers BBQ Pork - Hickory Hamburgers **Turkey Burgers** Blackened Chicken BBQ Pork - Honey Sriracha Gourmet grilled cheese** Italian sausages **Turkey Burgers** BBO Pork Battered Fish Roasted Half Chicken Fried Chicken Patties Crispy Chicken Vegan grilled cheese Sloppy Joe Fried Chicken Patties "Beyond" Burger Vegetable Burger Sweet BBO Tofu Tomato hisque Gardein Italian Sausage Scrambled Cage Free Eggs Scrambled Cage Free Eggs Fries Fries Western Tofu Scramble Western Tofu Scramble Fries Fries Fries Riscuits/Sausage Gravy Biscuits/Sausage Gravy BBQ, Caiun, and Garlic and Herb BBQ, Cajun, and Garlic and Herb Spices for Fries Tater Tots Tater Tots Lettuce, tomato, sliced onion, Relish, sport peppers, diced Lettuce tomato sliced onion Lettuce, tomato, sliced onion, Lettuce, tomato, sliced onion pickles, cheddar cheese, tartar onions, brown mustard. Pickles, lettuce, tomato, crispy ettuce, tomato, pickles, croutons ickles, cheddar cheese, cole slaw pickles, cheddar cheese -pickles, cheddar cheese -sauce, sliced lemon wedges -onions, cole slaw -- Potato buns crackers, goldfish horseradish -- Hot dog buns, Hamburger buns Hamburger buns Hamburger buns Hamburger buns hoagie rolls Roasted chicken Curry turkey salad Grilled chicken Tuna salad Buffalo chicken salad Grilled chicken Grilled chicken Italian farro salad Lemon and artichoke barley salad Cauliflower cous cous tabouleh Macaroni salad German potato salad Italian pasta salad Italian pasta salad

Kale and apple salad

VEGAN

Brussels sprout caesar

VEGETARIAN

Caesar salad

CONTAINS DAIRY**

Caesar salad

Greek marinated vegetables

GLUTEN FREE/VEGETARIAN

GLUTEN FREE

GLUTEN FREE/VEGAN