





















Café Menu Week 6	Monday 3/6/2016	Tuesday 3/7/2016	Wednesday 3/8/2016	Thursday 3/9/2016	Friday 3/10/2016	Saturday 3/11/2016	Sunday 3/12/2016
Soup 12 oz \$2.25 16 oz \$2.95	Rustic Tomato, Garlic* 	Curried Lentil & Rice* 	Mushroom, Gouda Cheese Black Bean 	Broccoli & Cheddar 	Sweet Potato, Ginger 	Tofu, Miso & Mushroom 	Oatmeal, Dried Fruit Grits, Cheddar
Market Salad Bar  \$0.49/oz	Salad Greens, Fresh Vegetable Crudites and Fruit, Beans & Grains, Proteins and Cheese, Low Fat Salad Dressings and Vinaigrettes, Toppings Daily selection of seasonal marinated and grilled vegetables, grain and bean salads						
Sandwich Bar \$0.49/oz	Make-Your-Own Sandwich Bar with a variety of bread and rolls, premium cold cuts and salads, cheeses, vegetables and pickles along side a variety of spreads and toppings						
Global \$0.49/oz	Jamaica Beef Patty Jerk Chicken Rice & Beans Sweet Potato Stew Curry Lentil	PASTA BAR -Beef Ravioli -Sausage & Peppers Vegetable Lasagna Eggplant Parmesan Steamed Broccoli Garlic Bread 	Regional BBQ Texas Brisket Carolina Style Pulled Pork Molasses Baked Beans Steamed Green Beans 	India Chicken Tikka Masala Paneer Makani* Aloo Saag – Potato and Spinach Curry Vegetable Briyani 	Catch of The Day Baked Tilapia Blackened Catfish Traditional Chips Sweet Potato Wedges Corn on the Cobb Cole Slaw Tartar Sauce Malted Vinegar	Wing Bar Teriyaki Thai Chili Honey BBQ Potato Wedge Broccoli Rabe Carrot & Daikon Salad Steamed Bok Choy Sriracha Ranch Blue Cheese	Sunday Brunch -Scramble Eggs* -Pork Sausage & Egg Quesadilla* -Mushroom, Green Onion, Frittata, -French Toast* -Turkey Sausage -Home Fries* -Honey Roasted -Butternut Squash* -Fruit & Yogurt Bar -Peach, Berry, Arugula Salad 

Action Station Dinner 5:00pm Start – 8:00pm	<p align="center">Bibimbap</p> <p>Choice: Chicken Bulgogi Beef Bulgogi, Soy Marinated Tofu Sticky Rice</p> <p>Toppings: Shredded Carrots, Juliene Zucchini, Fried Egg, Scallions, Kale, Broccoli, Jalapeno Sliced, Exotic Sliced Mushroom, Kimche, Red Paste Sauce, Soy Ginger Sauce, Siracha</p>	<p align="center">Taco Bar</p> <p>Choose Protein: Chipotle Shredded Chicken, Beef Adobo, Carnitas, Choose Toppings: Pico de Gallo, Corn Salsa, Pickle Red Onion, Jalapeno, Roasted Squash. Shredded Cheese Salsa: Mexican Salsa, Guacamole, Sour Cream. Cilantro Rice & Pinto Beans</p>	<p align="center">MAC & CHEESE</p> <p>Mac & Cheese Toppings: Bacon Bits, Buffalo Chicken, Sweet Chili Tofu Roasted Red Pepper, Broccoli, Mushrooms, Roasted Squash, Celery, Onions, Hot Sauce, BBQ Sauce, Cheese: Blue Cheese Crumble, Feta Cheese, Cheddar</p>	<p align="center">Peru</p> <p>Pollo a la Brasa Lomo Saltado Plantain Maduros Arroz Chaufa - Chinese Peruvian Fried Rice</p>	<p align="center">Potato Bar</p> <p>Baked Potatoes Sweet Potatoes Beef Chili Vegetable Chili Cheddar Cheese Chopped Broccoli Bacon Bits Jalapeno Peppers Sour Cream Chives 5.50</p>		
Chalkboard Grill \$4.95 - \$8.95 11:00am-12:00am	<p align="center">50/50 Burger, Roasted Onion Aioli, Garlic Pickles, Sriracha Ketchup Garden Burger, Housemade Pickles, Lettuce, Tomato* Catch of the Day RADISH Side: Oven Roasted Sweet Potato Wedges  Variety of Grab & Go Grill items plus Daily Specials:</p>						
Pizza & Flatbread \$2.50/\$2.95/\$3.50	<p align="center">Grilled Chicken Sandwich, Applewood Smoked Bacon, Spicy Ranch</p>	<p align="center">Fried Catfish Poboy with Lemon Aioli, Lettuce, and Tomatoes</p>	<p align="center">Turkey Club Melt Sandwich</p>	<p align="center">"The Blue Ribbon" All Beef Patty, Blue Cheese, Portobello Mushrooms, & a Dash of Tabasco</p>	<p align="center">BBQ Pulled Pork Sandwich, Coleslaw</p>	<p align="center">Grilled Brie & Apple, Croissant</p>	
<p align="center">Cheese, Pepperoni, Daily Special:</p>							
<p align="center">Grilled Shrimp, Roast Pepper, Broccoli</p>	<p align="center">Grilled Vegetable </p>	<p align="center">Grilled Chicken Mediterranean Pizz </p>	<p align="center">Meat Lovers</p>	<p align="center">Sundried Tomato, Ham, Broccoli </p>	<p align="center">Roast Eggplant, Feta, Olive </p>		

*Denotes Vegetarian Option

RUSTICO @ HIGHER GROUND Mediterranean Sandwiches, Toasted to Order	Ham, Egg & Swiss, Croissant				
	Turkey Bacon, Egg, Cheddar, English Muffin				
	Baby Kale, Grape Tomato, Egg Whites, Hummus, Wrap*				
	Caprese: Fresh Mozzarella, Sliced Tomatoes, Fresh Basil, Pesto \$7.50 				
	Chicken Milanese: Crispy Chicken Breast, Hot Pepper Relish, Arugula, Lemon Dressing \$7.95				
	Daily Flatbread Specials:				
	Grilled Shrimp, Roast Pepper, Broccoli	Grilled Chicken Mediterranean 	Meat Lovers	Sundried Tomato, Ham, Broccoli 	Roast Eggplant, Feta, Olive 

RA Kitchen Week 6	Monday 3/6/2016	Tuesday 3/7/2016	Wednesday 3/8/2016	Thursday 3/9/2016	Friday 3/10/2016	Saturday 3/11/2016	Sunday 3/12/2016
Salad	Wheatberry, Tomato & Cucumber Salad, Pickle Radish, Grilled Zucchini, Garlic Vinaigrette						
	Baked Salmon, Soba Noodle, Bok Choy, Nappa Cabbage, Carrot, Sesame Ginger						
Sandwich	Roast Beef, Provolone, Chipotle Mayo, Spinach						
	Buffalo Chicken Wrap						
	Fruit Salad						
	Orange Juice						

