

Weekly Menu

January 20 - January 24, 2025

Chef's Selection

Monday: Closed

Tuesday: Erica's Roots and Greens Salad

Served with your choice of chicken or salmon, Brussels sprouts, button mushrooms, butternut squash, turnip root, celery root and beets

Wednesday: Italian Pasta Toss

Served with your choice of protein and seasonal vegetables sautéed with marinara or creamy Alfredo sauce

Thursday: Asian-Inspired Pho Noodle Bowl

Served with your choice of chicken, steak or shrimp with fresh herbs, vegetables and spices in a Thai vegetable broth

Soups of the Day

Monday: Closed

Tuesday: House-Made Chili/ Cuban Black Bean Soup

Wednesday: Beef & Rice Soup/ Garden Vegetable Soup

Thursday: Chicken Noodle Soup/ White Bean & Kale Soup

Friday: Chicken Tortilla Soup/ Curry Lentil Soup

Build Your Own

Pizza or Flatbread

Includes three complimentary toppings. Additional toppings: \$0.69 each

Grab & Go Selection

Pre-Packaged Assorted Salads and Sandwiches

Bigg Cap Chicken Sandwich

Seasoned Wedge Potatoes
(Only Available Tuesday -Thursday)

Weekly Specials

\$3 Breakfast

+ one 16oz drink

Sausage, Egg & Cheese Biscuit

\$5 Lunch

+ one side item & 16oz drink

Herb Tuna Melt

Roasted Vegetable Wrap

Homestyle Entrée

Monday: Closed

Tuesday: Beef Pot Roast

Served with potatoes, carrots and green beans

Wednesday: Blackened Mahi Mahi

Served with rice and beans, plantains and seasoned mixed vegetables

Thursday: Marsala Chicken

Served with rice pilaf and sautéed spinach

Friday: Fresh Fish Fillet

Served with seasoned potato wedges and coleslaw

International Flavors and Fusion

Tuesday: Taqueria Station

Our house-marinated chicken, beef, tofu or pork served as a taco, burrito, or bowl with rice and beans (complimentary toppings included)

Wednesday: Taqueria Station

Our house-marinated chicken, beef, tofu or pork served as a taco, burrito, or bowl with rice and beans (complimentary toppings included)

Thursday: Hog Mountain BBQ

Slow-smoked house meats and poultry served with baked beans, corn and coleslaw

Hours of Operation

Breakfast: 7:00a.m. - 10:00a.m.

Lunch: 11:00a.m. - 1:30p.m.