

MENU

CAFÉ xiC
Week of September 10th

CAFÉ HOURS

LUNCH

12:00PM - 1:30PM

DELI SELECTION

- SMOKED TURKEY CHEDDAR
- BLACK FOREST HAM, SWISS
- FLIK TUNA SALAD
- ROASTED VEGETABLE WRAP
- FLIK CHIPS

TOSS UP SALAD BAR

ROMAINE
SPRING MIX
CUCUMBERS
TOMATOES
CARROTS
ONIONS
PEPPERS
BEANS
BROCCOLI
MUSHROOM
CORN
PARMESAN CHEESE
SHREDDED CHEDDAR CHEESE
EGGS
GRILLED CHICKEN
SALAD OF THE DAY

RANCH DRESSING
FAT FREE ITALIAN
BALSAMIC VINAGRETTE

CROUTONS
SUNFLOWER SEEDS
RAISINS

Menu is subject to change

Food by FLIK

M Vegetarian Tuscan Farro, Chickpea

SAUTEED CHICKEN SAKE GLAZED SALMON

Scallion Jasmine Fried Rice
Sweet Chili Steamed Vegetable

ASSORTED COOKIES, BROWNIES AND BARS

T Tomato Basil

PICADILLO DE CARNE BAKED HERB TILAPIA

White Rice & Black Beans
Sweet Plantains
Steamed Vegetable Medley

ASSORTED COOKIES, BROWNIES AND BARS

W Vegetable Orzo Parmesan

SAUTEED CHICKEN SHRIMP VINDALOO

Basmati Rice
Channa Masala, Aloo Matar
Steamed Asparagus

ASSORTED COOKIES, BROWNIES AND BARS

Th Chicken Noodle

TOMATO GARLIC TILAPIA MASITA DE PUERCO GUIADO

White Rice, Red Beans
Sweet Plantains
Roasted Vegetable Medley

ASSORTED COOKIES, BROWNIES AND BARS

F North African Lentil

ROASTED SALMON POLLO ENCEBOLLADO

Yellow Rice, Corn
Yucca Frita, Cilantro Garlic Sauce

ASSORTED COOKIES, BROWNIES AND BARS