

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

MAY 12-16



RISE & SHINE

BREAKFAST SPECIALS

MONDAY-	asparagus mushroom & goat cheese breakfast sandwich *	6.50
TUESDAY-	soy chorizo potatoes breakfast tacos with pinto beans *	6.50
WEDNESDAY-	applewood bacon egg white & cheese breakfast flatbread *	6.50
THURSDAY-	overnight oat & fresh strawberry bowl with almond milk *	6.50
FRIDAY-	traditional egg & cheese enchiladas verdes with fresh avocado *	6.50



MON

CREATE

sweet & sour lemongrass roast pork loin with lo main noodles & stir-fry vegetables

FLAME

grill chicken kale pesto panini & french fries *



9.00

8.00

TUES

CREATE

bbq roasted beef with garlic mashed potatoes & sweet con

FLAME

mediterranean tuna melt flatbread wrap with house chips *



9.00

8.00

WED

CREATE

chicken picatta over steamed butter potatoes & roasted oven green beans *

FLAME

meatless beet purple potato veggies burger with side seasonal salad *

9.00

8.00

THURS

CREATE

spaghetti marinara meatball with parmesan parsley dinner roll

FLAME

blackened chicken caesar wrap with potato wedges *



9.00

8.00

FRI

CREATE

chicken adobo over steamed rice & seasonal mix vegetables

FLAME

chimichurri grill lemon salmon sandwich on hoagie roll *



9.00

9.00

WEEKLY FEATURES



eatify

Download and order with the app today!

SOUPS

MONDAY

vegetable garden *

2.00/2.50/3.00

TUESDAY

chicken tortilla

2.00/2.50/3.00

WEDNESDAY

tomato basil *

2.00/2.75/3.50

THURSDAY

beef chili

2.00/2.50/3.00



FRIDAY

clam chowder

2.00/2.50/3.00

CONNECT WITH US

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Suggested healthy option