

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

SEPTEMBER 22-26



RISE & SHINE

BREAKFAST SPECIALS

MONDAY- denver hash breakfast wrap *	6.50
TUESDAY- bacon sautéed vegetables breakfast bowl *	6.50
WEDNESDAY- cinnamon french toast topped with berries	6.50
THURSDAY- spinach mushroom & egg white breakfast pizza *	6.50
FRIDAY- chorizo cheddar egg bite strata *	6.50

MON

CREATE

herbed roast chicken with rosemary fingerling potatoes & garlic lemon broccoli *

FLAME

baked falafel gyro & seasoned fries *



TUES

CREATE

chicken or shrimp fajitas served with spanish rice & charros beans *

FLAME

pepper jack BLT melt & house chips



WED

CREATE

lamb & beef shawarma with fried falafel & greek side salad *

FLAME

chicken pesto flatbread & waffle fries



THURS

CREATE

spicy pork laab with crispy rice & cucumber salad *

FLAME

spinach cheese quesadilla



FRI

CREATE

baked salmon dijon & steamed parsley potatoes & apple braised cabbage *

FLAME

chicken philly cheese steak & fries



CONNECT WITH US

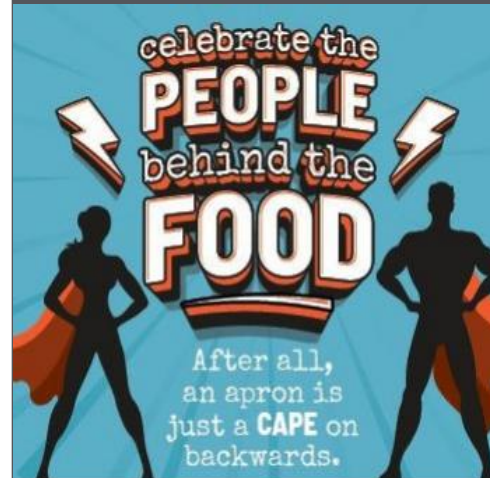
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Ruth Carrillo 858-455-2147



Suggested healthy option

WEEKLY FEATURES



FOOD SERVICE WORKERS DAY September 25

celebrate the cafeteria team
on **September 25**
Food Service Workers Day



eatify

Download and order
with the app today!

SOUPS

MONDAY

jerk chicken *
2.00/2.50/3.00

TUESDAY

cauliflower *
2.00/2.50/3.00

WEDNESDAY

chicken noodle *
2.00/2.75/3.50

THURSDAY

portobello creamy *
2.00/2.50/3.00

FRIDAY

clam chowder
2.00/2.50/3.00