

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

NOV 3-7



RISE & SHINE

BREAKFAST SPECIALS

MONDAY-	biscuits & pork sausage gravy	6.50
TUESDAY-	soy chorizo potato breakfast burrito *	6.50
WEDNESDAY-	oven-dried tomato brie breakfast english muffin sandwich *	6.50
THURSDAY-	pesto bacon egg & scallion breakfast flatbread *	6.50
FRIDAY-	pumpkin waffle with whipping cream butter *	6.50

MON

CREATE

orange fry chicken with stir fry rice & soy pork potsticker *

FLAME

chicken cordon bleu on wheat bun & sweet fries



9.00

8.00

TUES

CREATE

pollo asado tacos with mexican rice & tex-mex zucchini bell pepper mix 9.00

FLAME

grill portobello & mix grill vegetables with cucumber yogurt sauce



8.50

WED

CREATE

meatloaf & gravy with mashed potatoes & seasonal mix vegetables 9.00

FLAME

pork carnitas quesadilla & fries



8.00

THURS

CREATE

bbq pork chops with herbed fingerling potatoes & sweet corn 9.00

FLAME

beef & lamb greek gyro & waffle fries *



8.00

FRI

CREATE

stuffed salmon wellington with almond sweet rice & grill mix vegetables *

FLAME

bratwurst with sauerkraut & horseradish on hoagie roll



8.00

WEEKLY FEATURES



SOUPS

MONDAY

butternut squash *

2.00/2.50/3.00

TUESDAY

pork pozole

2.00/2.50/3.00

WEDNESDAY

lentil *

2.00/2.75/3.50

THURSDAY

jalapeno corn *

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