

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast – 7am to 10am

Lunch – 11am to 1:30pm

JAN 5-9



RISE & SHINE

BREAKFAST SPECIALS

MONDAY -spinach egg & cheese english muffin *	6.50
TUESDAY - egg white sauté vegetables omelet *	6.50
WEDNESDAY - roasted mushroom & spinach breakfast flatbread *	6.50
THURSDAY - cranberry orange overnight oats *	6.50
FRIDAY - breakfast enchiladas with tomatillo avocado salsa *	6.50

MON

CREATE

crispy pork belly over lo main noodles & banana egg roll 9.00

FLAME

garden green burger with balsamic portobello mushroom * 8.00

TUES

CREATE

herbed roasted beef with roasted garlic potatoes & sautéed vegetables * 9.00

FLAME

italian meat sub with french fries 8.00



WED

CREATE

coconut thai shrimp over mango steamed rice * 9.00

FLAME

sweet potato burger & roasted red peppers on brioche bun * 8.00



THURS

CREATE

chicken wings bar choice of buffalo bbq & sweet-sour 9.00

FLAME

spicy chicken cuban sandwich 8.00



FRI

CREATE

stuffed pilipino bacon chicken breast served with baked potato & egg roll * 9.00

FLAME

pulled pork & coleslaw wrap 8.00



CONNECT
WITH US

cafeteria7@ga.com/ruth.carrillo@compass-usa.com

Ruth Carrillo 858-455-2147



Suggested healthy option

WEEKLY FEATURES

RESET
YOUR
HABITS
AND EAT FIT.

WHAT MAKES SOMETHING FIT?

FIT serves as a guide for items that meet dietary recommendations with regard to calories, fat, sodium and added sugar.



FULL MEAL Calories per serving ≤600
Sat. Fat ≤8g, Sodium ≤890mg, Added Sugar ≤15g

ENTREE Calories per serving ≤500
Sat. Fat ≤5g, Sodium ≤580mg, Added Sugar ≤12g

SIDE Calories per serving ≤200
Sat. Fat ≤2g, Sodium ≤230mg, Added Sugar ≤5g

SNACK Calories per package ≤250
Sat. Fat ≤3g, Sodium ≤290mg, Added Sugar ≤6g

DESSERT Calories per serving ≤250
Sat. Fat ≤3g, Sodium ≤290mg, Added Sugar ≤10g

BEVERAGE Calories per serving ≤150
Sat. Fat ≤2g, Sodium ≤150mg, Added Sugar ≤2g

Resolution
Reset

Happy
New Year
2026

SOUPS

MONDAY

thai red lentil *
2.00/2.50/3.00

TUESDAY

chicken tortilla
2.00/2.50/3.00

WEDNESDAY

roasted poblano *
2.00/2.75/3.50

THURSDAY

beef chili 
2.00/2.50/3.00

FRIDAY

seafood *
2.00/2.50/3.00