

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 mein 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

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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 ≤6g, Sodium ≤900mg, Added Sugar ≤15g

ENTREE Calories per serving **≤500**
Sat. Fat ≤6g, Sodium ≤860mg, 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 ≤8g

DESSERT Calories per serving **≤250**
Sat. Fat ≤2g, Sodium ≤150mg, Added Sugar ≤10g

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



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

