

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday - Friday | 7:00 am - 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

JAN 26-30



RISE & SHINE

BREAKFAST SPECIALS

MONDAY-	banana walnut french toast & eggs any style	6.50
TUESDAY-	pork sausage egg & cheese english muffin	6.50
WEDNESDAY-	corned beef hash breakfast flatbread	6.50
THURSDAY-	spinach white egg & provolone slider *	6.50
FRIDAY-	avocado chilaquiles *	6.50

MON

CREATE

orange peel chicken with vegetable fried rice & fry roll



9.00

FLAME

balsamic roasted vegetable tomato wrap *

8.00

TUES

CREATE

ground beef or chicken tostada shell with all toppings



9.00

FLAME

grill chicken pesto panini with house chips

8.00

WED

CREATE

baked potato bar with bacon, chicken, broccoli, sour cream, olives & cheese

9.00

FLAME

turkey guacamole burger with caramelized onions on wheat bun *

8.00

THURS

CREATE

vegetable or beef lasagna with side of broccoli & garlic dinner roll *

9.00

FLAME

chili cheese hot dog & fries

8.00



FRI

CREATE

tilapia fish tacos with jalapeno corn rice & chorizo refried beans *

9.00

FLAME

veggie cheese quesadilla & waffle fries

8.00



CONNECT
WITH US

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

Ruth Carrillo 858-455-2147



Suggested healthy option

WEEKLY FEATURES

poppi

soda's back,
but better



make
your
meals
better
with
poppi

SOUPS

MONDAY

poblano lentil *

2.00/2.50/3.00

TUESDAY

chicken pozole

2.00/2.50/3.00

WEDNESDAY

vegetable minestrone *

2.00/2.75/3.50

THURSDAY

beef barley *

2.00/2.50/3.00

FRIDAY

clam chowder *

2.00/2.50/3.00