

EAT. DRINK. SOCIALIZE.

CAFÉ 7
Monday - Friday | 7:00 am - 1:30 pm
Breakfast - 7am to 10am
Lunch- 11am to 1:30pm
FEB 16-20



RISE & SHINE

BREAKFAST SPECIALS

TUESDAY-	soy chorizo egg & cheese bagel	6.50
WEDNESDAY-	oven dried tomato crisp kale & egg english muffin sandwich	6.50
THURSDAY-	poblano cage free egg white mushroom breakfast burrito	6.50
FRIDAY-	smoked salmon egg & avocado breakfast sandwich on multigrain toast	8.50

MON

CLOSED
Happy Presidents Day

TUES

CREATE

buffalo chicken wings served with baked mac n' cheese

FLAME

crispy shrimp po' boy & seasoned fries



9.00

8.50

WED

CREATE

traditional citrus pork carnitas with refried pinto beans & red confetti rice



9.00

FLAME

parmesan chicken sandwich with fresh mozzarella cheese

8.00

THURS

CREATE

lasagna al forno with seasonal steam mix vegetables & garlic dinner roll



9.00

FLAME

chipotle pork torta & house chips

8.00

FRI

CREATE

cornmeal fried white fish with citrus tropical rice & mix seasonal vegetables



9.00

FLAME

chickpea masala burger with grill red onion & mix seasonal salad

8.00

**CONNECT
WITH US**

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

Ruth Carrillo 858-455-2147



Suggested healthy option

WEEKLY FEATURES



SOUPS

TUESDAY

chicken tortilla
2.00/2.50/3.00

WEDNESDAY

tomato basil *

2.00/2.75/3.50

THURSDAY

beef chili *

2.00/2.50/3.00

FRIDAY

clam chowder
2.00/2.50/3.00