

# EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday – Friday | 7:00 am – 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

APRIL 20-24



## RISE & SHINE

### BREAKFAST SPECIALS

<b>MONDAY</b> -buttermilk pancakes with seasonal mix berries	6.50
<b>TUESDAY</b> - bacon egg & avocado breakfast sandwich on multigrain bread	6.50
<b>WEDNESDAY</b> - mushroom spinach cage free egg breakfast flatbread *	6.50
<b>THURSDAY</b> - soy chorizo black bean & avocado burrito *	6.50
<b>FRIDAY</b> - chilaquiles salsa verde with all toppings	6.50

## WEEKLY FEATURES



MON

### CREATE

sweet & sour chicken served with oyster sauce noodles and vegetable eggroll \*



9.00

### FLAME

blackened chicken sandwich & house chips \*

8.00

TUES

### CREATE

piri piri chicken with piri potato wedges & black bean salad \*



9.00

### FLAME

turkey pepper & avocado melt sandwich on focaccia

8.00

WED

### CREATE

beef, tofu or chicken vietnamese pho soup \*



9.00

### FLAME

bbq brisket wrap with mac n' cheese

8.00

THURS

### CREATE

herbed roasted over turkey with mashed potato & green beans \*



9.00

### FLAME

lamb & beef gyro & fries \*

8.00

FRI

### CREATE

lemon parsley salmon with safran risotto & grilled seasonal mixed vegetables \*



9.00

### FLAME

artichoke & avocado chicken wrap & sweet fries \*

8.00



eatify

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## SOUPS

### MONDAY

thai chicken \*

### TUESDAY

caribbean beef  
2.00/2.50/3.00

### WEDNESDAY

mushroom barley \*

2.00/2.75/3.50

### THURSDAY

beef chili

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