

**NEW FORMAT  
AND NEW  
ITEMS!!**

**TCA/TCN – Fresh Market Cafe invites you to dine with us!**

**Menu for the week of Feb 10<sup>th</sup> - 14<sup>th</sup>**

**Café Hours, offering “Grab & Go” items, are 7:00 AM – 6:30 PM.**

**Breakfast features are served from 7:00am-10:00am. Lunch features are served from 10:30am-1:30pm daily.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Features</b>	<b>AVAILABLE DAILY:</b> Smoothie Flavor of the Week, Build-Your-Own Omelet, Breakfast Sandwich, Scrambled Eggs, Egg Beaters, Sausage Link/Patty, Breakfast Potatoes, Mixed Berry Baked French Toast				
<b>Lunch Features</b>	Acapulco Chicken Wrap Aztec Corn Green Beans Almondine	Beef Sukiyaki Rice Pilaf Broccoli and Cauliflower	Lasagna Garlic Bread Roasted Carrots Zucchini&Tomato	Chicken Marsala Garlic Polenta Roasted Beets	Salmon Osso Bucco Rissoto Spinach and Mushrooms
<b>Bowl/Bar</b>	<b>Build Your Own Mexican Bowl</b> <b>Choose from</b> - Brown Rice, Chicken, Pork, Pico de Gallo, Pepper/Onion Sauté, Guacamole, Corn and Black Bean Salsa, Cheddar Cheese, Jalapeno Pepper, Cilantro, Tortillas, Chipotle Ranch Dressing				
<b>Soup</b>	White Chicken Chili Cream of Tomato	Turkey Rice Curried Carrots	Chicken Tortilla Cream of Broccoli	Cheese Burger Soup West African Peanut Soup	Key West Chowder Garden Vegetable
<b>Sandwiches, Pizza &amp; More</b>	<b>Build-your-own deli sandwich option is available daily.</b> <b>This Week’s Featured Sandwiches are:</b> Rueben Sandwich, Portobello Banh Mi, Miami <b>From the Grill</b> – Hamburger, Cheeseburger, Vegan Bean Burger, Grilled 3 Cheese <b>Panini Sandwiches</b> – Cubano, Pesto Turkey, Ham and Swiss, Margherita House Made Pizza, Chicken Tenders and Roasted Potato Wedges available daily				
<b>Salad</b>	<b>Fresh Salad Bar is Available Daily</b> <b>This Week’s Salad Feature:</b> <b>Cran-tastic Salad</b> - Mixed Greens, Dried Cranberries, Red Onion, Candied Pecans, Feta Cheese and Raspberry Vinaigrette				

Saturday & Sunday – A variety of prepared foods, Salad Bar, Soups and Sandwiches available during lunch hours, in addition to the “Grab and Go” Items.

An assortment of freshly-prepared food items is also available in the fresh food vending machines (TCA – 1<sup>st</sup> and 3<sup>rd</sup> floor; TCN lower level). Menu is subject to change without notice. Nutritional information is available on Heartbeat.