Mercato Week 1 – February 25th to March 3rd, 2018 Specials

Sunday –

Grill Special- chicken yellow curry satay or tofu yellow curry satay with coconut vegetable slaw

Global Interactive Lunch Special- Waffle Bar with choice of fruit and toppings

Global Interactive Dinner special - Upside down Shepherd’s pie bar with mashed potatoes and ground beef or chicken on top with choice of gravy or tomato sauce, mushrooms, peas, onions, carrots and celery

Rotisserie Lunch- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, Spicy Asian vegetable and tofu stir fry on rice noodles, barley, grilled vegetable and spinach risotto, roasted parsnips and carrots

Rotisserie Dinner- Sunday-chicken with sun dried tomato and basil pesto, baked cod with lemon and parsley, brown rice, roast potatoes, steamed broccoli and beans, Vegan-1.Curried vegetables with almonds and cilantro on rice, 2.udon noodles)with mushrooms, sweet peppers, red onions and teriyaki sauce

Monday –

Grill Special- Charred tomato Caprese salad s with bocconcini cheese, basil mayo and arugula

Global Interactive Lunch Special- Nicoise Salad Bar, with tuna, eggs and avocado and choice of vegetables

Global Interactive Dinner Special- Teriyaki Bar with choice of chicken, beef or tofu and choice of vegetables

Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- Chipotle marinated pork chop, Herb roasted chicken, Gluten free battered haddock, and mushroom sweet pepper and bok choy stir fry with oyster sauce and spinach and mushroom barley risotto

Tuesday –

Grill Special- Gluten free sweet potato tempura on a spinach and rice salad with honey soy vinaigrette

Global Interactive Lunch Special- Vegetarian Burrito Bowls- with choice of chili lime vegetables, tofu, refried beans, black beans, rice, and toppings

Global Interactive Dinner Special- Meatball pasta bar with beef, chicken and vegetarian meatballs, tomato sauce and cheese
Rotisserie Lunch Special - Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- Beef pot roast, Tilapia with shrimp and lime salsa, mashed potato, *roasted root vegetable*, Vegan-.Broccoli, bok choy, tofu, black bean sauce on brown rice, Vegetarian-Lentils braised in tomato sauce with diced zucchini, onions, garlic (parmesan on the side)

Sandwich special- Grilled chicken Caesar wrap

Try our new specialty sandwich and burrito menu!

**Wednesday –**

Grill Special- Grilled vegetable salad with guacamole, salsa and vegan ranch dressing

Global Interactive Lunch Special- Perogie Bar with caramelized onions, bacon, sour cream and a selection of seasonal vegetables

Global Interactive Dinner Special- High protein power bowl with beef, chicken, tofu, sweet peppers, red onions, spinach, rice, lentils, quinoa, chopped herbs and chopped garlic

Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- *Citrus and basil shrimp brochettes*, chicken kebabs on braised Mediterranean vegetables, Vegetarian- quinoa and root vegetables served with spinach and goat cheese (on the side), Vegan--Mediterranean vegetable and chick pea ragout

Sandwich special- Roasted squash with dates, pecans and goat cheese

Try our new specialty sandwich and burrito menu!

**Thursday –**

Grill Special- Pulled chicken sandwich with sweet potato fries and chipotle mayo.

Global Interactive Lunch Special- a Taste of China a choice of stir fried noodles or rice with choice of sauces, vegetables, chicken, pork, shrimp or tofu

Global Interactive Dinner Special- Stuffed Pasta Bar with a choice of sauces and broths and seasonal vegetables

Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- Lamb curry (Halal), Chicken braised with tomato and sweet peppers, and Seared Tilapia with a citrus salsa. Vegan- sciracha spiced tofu, brown rice and vegetable stir fry, Vegetarian- eggplant parmesan

Sandwich specials- Buffalo chicken wrap with shaved celery, carrots and blue cheese dressing

Try our new specialty sandwich and burrito menu!

**Friday** –
Grill Special- Crab Cakes with shaved fennel, red onion, parsley, lemon aioli and baby greens

Global Interactive Lunch Special- Macaroni and cheese bar with a selection of cheeses, ham, bacon and seasonal vegetables

Global Interactive Dinner Special- Middle Eastern Rice Bar with lentils, shawarma spiced beef and chicken and choice of toppings

Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- Roasted chicken with a creamy mushroom and leek sauce, garlic and parsley shrimp with bruschetta, herb roasted potatoes and Mediterranean vegetables. Vegetarian - quinoa with mushrooms, spinach and feta crumble, Vegan-Sweet potato hash with chickpeas

Sandwich special- Meatballs with tomato sauce and mozzarella

Try our new specialty sandwich and burrito menu!

**Saturday** –
Grill Special- Yakitori vegetable skewers with sweet potato fries

Global Interactive Lunch Special- baked potato bar with bacon, sour cream, cheese sauce, grated cheese, green onions, broccoli and sweet pepper

Global Interactive Dinner Special- Chinese “Red Cooked” pork, beef, chicken or tofu on rice or noodles and choice of traditional garnish

Rotisserie Lunch Special- All day breakfast, shrimp and vegetable stir fry on rice noodles, vegetarian pasta gratin, steamed carrots and green beans

Rotisserie Dinner Special- Roasted local Ham, Haddock with Soy and ginger, mashed potatoes, brown rice, broccoli and bok choy, vegetarian chili over rice with cilantro, (sour cream and cheddar optional on the side)

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