Mercato Week 4 – February 6 to February 16, 2018-2019 Specials

Sunday –
Grill Special- Sunday- Lemon and Herb Chicken on a Greek salad

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

Global Interactive Dinner Special- Chinese noodle soup bowl, chow mein, rice noodles, chicken broth and vegetable broth vegetables, chicken, pork, shrimp, beef or tofu

Rotisserie Dinner Specials- Italian porchetta roasted pork shoulder with rosemary, garlic and lemon zest. Chicken Coq au Vin, olive oil and herb smashed potatoes, brown rice, roasted root vegetables, steamed broccoli and cauliflower, Vegan-Mexican spiced sweet potato and black bean bake- layer cooked sweet potatoes with black beans and corn tortillas. Garnished with guacamole and Vegan Daiya cheese on the side.

Pizza Special- Pizza Margerita with tomato, fresh basil and bocconcini

Monday –
Grill Special- Seared tempeh on kim chi cole slaw with sweet potato fries or salad

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

Global Interactive Dinner Special- Upside down Shepherds pie bar with ground beef, chicken, gravy, mushrooms, peas, carrots, celery

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

Rotisserie Dinner Special- Fresh herb and lemon marinated Tilapia, beef and root vegetable stew, daily potato, West Indian rice and peas, steamed broccoli, Vegetarian- Butternut squash ravioli with apples and sage brown butter. 1. Vegan- Vegan Singapore noodles, rice noodles, soy, sesame oil, curry powder, tofu, green onions, sweet peppers and snow peas. 2. Miso roasted carrots with edamame, crispy quinoa and sesame seeds

Sandwich Special- Grilled vegetables with arugula and roasted pepper and goat cheese spread

Pizza Special- Buffalo chicken pizza with tomato sauce, chicken, Franks red hot and blue cheese

Try our specialty sandwich and burrito menu!
**Tuesday –**

Grill Special- Shawarma spiced grilled cauliflower pita with hummus, tahini sauce, shredded carrot and cabbage, sumac dressing with fries or salad served with fries or salad

Global Interactive Lunch Special- Meatball pasta bar with beef, chicken and vegetarian meatballs, tomato sauce and cheese

Global Interactive Dinner Special- Deluxe Burrito bowls with pulled chipotle chicken, beef carnitas, chili and lime grilled vegetables, cilantro rice, cheese, guacamole and a choice of freshly made salsas.

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

Rotisserie Dinner Special- Lemon, garlic and parsley shrimp brochettes, *Trinidadian Chicken Pelau*, garlic sautéed kale and broccoli, white rice, Vegan/Vegetarian- 1. Butternut squash ravioli with apples and sage brown butter, 2. - Tofu and sweet potato with Korean gochujang sauce

Tuesday – Grilled chicken, ham and Swiss wrap with Ranch dressing

Pizza Special- Broccoli, cheddar and bacon pizza with bechamel

Try our new specialty sandwich and burrito menu!

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**Wednesday –**

Grill Special- Buffalo chicken wings with carrot and celery sticks and blue cheese dip

Global Interactive Lunch Special- Lunch – Hummus Bar (3 types of hummus and 3 types of baba ganoush)- chopped romaine, diced tomatoes, diced cucumbers, chopped parsley, diced red onions, pita, and sumac dressing (sumac, lemon juice, olive oil)

Global Interactive Dinner Special- Stuffed Pasta Bar with a choice of sauces and broths, seasonal vegetables, and a revolving selection of Italian inspired meats and cheeses

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

Rotisserie Dinner Special- Baked haddock with fresh tomato salsa, Parmesan crusted Pork Loin Chops, steamed potatoes with olive oil and parsley, brown rice, steamed carrots and cauliflower, Vegan/Vegetarian- 1. Quinoa, rice and lentil stuffed peppers, garnished with Vegan Daya cheese) 2. Corn, red onion, spinach and tomato whole wheat penne with crumbled feta (on the side)

Wednesday – Roasted squash with sweet potato hummus, pickles, tomato and tahini sauce

Pizza Special- Meat ball pizza with roasted peppers, mozzarella and parmesan

Try our new specialty sandwich and burrito menu!
Thursday –
Grill Special- Korean pork dumplings with side salad or sweet potato fries

Global Interactive Lunch Special- Warm Mediterranean salad bar with Mediterranean vegetables, lentils, rice, chicken or tofu, spinach, crumbled feta, and choice of balsamic vinaigrette, sun dried tomato vinaigrette or Greek vinaigrette

Global Interactive Dinner Special- Indian Rice Bar with basmati and brown rice, mildly spiced butter chicken, spicy curried beef, mildly spiced vegan tofu in a tomato coconut milk curry, choice of vegetables to include diced green peppers, peas, baby spinach, blanched diced cauliflower, blanched diced carrots, cashews, pumpkin seeds, coriander and scallions

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


Thursday – Chicken breast with shawarma spices, hummus, pickles, tomato and tahini sauce

Pizza special- BBQ pizza tomato sauce, mozzarella, , chicken, red onion, sweet pepper , BBQ sauce

Try our new specialty sandwich and burrito menu!

Friday –
Grill Special- Tex Mex Hot Dog Friday- Choice of Vegan or Beef Hot Dog with black bean chili, grated cheddar or Daiya cheese, guacamole and choice of fries or salad

Global Interactive Lunch Special- Fatoush salad bar- chopped romaine, diced tomatoes, diced cucumbers, chopped parsley, diced red onions, chicken shawarma, ground beef shawarma, crispy pita, crumbled feta and sumac dressing

Global Interactive Dinner Special- Ramen Bar with pork broth, chicken broth and miso broth, Asian BBQ Pork, Asian BBQ Chicken, Asian BBQ Tofu, green onion, boiled egg, bean sprouts, bamboo shoots, nori, corn, lo mein noodle and rice noodles

Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- salmon with creamed leeks topped with puff pastry, roast beef with chimi churi, olive oil and parsley smashed potatoes, brown rice, garlic sautéed spinach and kale, Vegan-Vegan chicken breast on Cacciatore sauce Vegetarian-gnocchi with tomato, basil, ricotta and mozzarella

Sandwich Special- Egg plant or chicken parmigiana with tomato sauce, mozzarella or Daiya vegan cheese
Pizza special- Spinach/Ricotta/Mushroom-tomato sauce, spinach, mozzarella, ricotta, mushroom

Try our new specialty sandwich and burrito menu!

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**Saturday**

Grill Special- Fish tacos with Flour tortillas, chipotle mayo, cabbage, lime wedges, radish, and cilantro

Global Interactive Lunch Special-- Omelette bar with Ontario farm fresh eggs, egg whites and a choice of meats, cheeses and vegetables

Global Interactive Dinner Special- Multi- Grain Bar with brown rice, white rice, millet, sorghum, lentils and wheat berries. With choice of beef, chicken, tofu, spinach, kale, broccoli, mushrooms, onions, soy, garlic and ginger

Rotisserie Lunch Special-All day breakfast, ratatouille braised in tomato sauce with fresh herbs, and Chef’s daily special

Rotisserie Dinner Special- Rotisserie chicken, mustard glazed ham, sweet potato mash, rice, steamed carrots and broccoli, Vegetarian /Vegan- 1.-barley and lentils with mushrooms, spinach and parmesan cheese( On the side) ,2.-Kim chi and vegetable fried rice with crispy tofu.

Pizza Special-grilled vegetable with pesto and mozzarella