**Mercato Week 5 – October 1st to October 7 – 2016, Specials**

**Sunday**

Grill Special- Sunday- Grilled tomato sandwich with guacamole, corn salsa and Vegan Ranch Dressing- served with fries or salad

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

Global Interactive Dinner Special- Fried rice bar with choice of egg, chicken, pork, tofu, shrimp and choice of vegetables

Rotisserie Lunch Special- All day breakfast, quinoa with Moroccan spiced root vegetables, and Chef’s daily special

**Rotisserie Dinner Specials-** Beef stew with a Dijon mustard and herb jus, chicken breast with mushrooms, thyme and white wine and jus, brown rice, potatoes, steamed carrots and broccoli, Vegan 1. Vegan Shepherd’s Pie- with olive oil mashed potatoes (GF). Vegetarian/vegan 2. Farfale pasta with diced butternut squash, sage and apples, with parmesan and Vegan daiya cheese on the side

**Monday**

Grill Special- Korean Style Beef Rib and Asian Salad

Global Interactive Lunch Special- Cobb salad bar- chopped lettuce, diced tomatoes, hardboiled egg, avocado, grated cheese, green onion, diced chicken, bacon, sliced olives, pumpkin seeds, balsamic vinaigrette, Vegan ranch, ranch dressing

Global Interactive Dinner Special- - High protein Power Bowl- beef, chicken(4oz), tofu(4oz) brown rice, quinoa, lentils, seasonal vegetables, pumpkin seeds, sesame seeds, chia seeds, do with broth or as stir fry

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

**Rotisserie Dinner Special-** baked Tilapia with an olive, tomato and caper ragout, lemon, chicken breast with tomatoes, basil and spinach in a cream sauce, steamed new potatoes, basmati rice, sautéed sweet peppers, eggplant and zucchini, Vegan-1. Cinnamon sweet potato and lime and cumin scented chick peas -Vegetarian 2- braised lentils and kale with spinach and raisins with feta and Vegan Daiya cheese on the side.

Sandwich and Burrito Bar-

Try our new deluxe sandwich and burrito menu

Sandwich Special— Pan Bagnat- tuna in olive oil and lemon, garnished with hard boiled eggs, black olives, roasted pepper, arugula and parsley
Tuesday –

Grill Special- “Buffalo Chicken” Cauliflower tossed with Franks Hot sauce- with carrot and celery sticks, choice of Blue cheese dressing or vegan ranch serve with fries or salad

Global Interactive Lunch Special- pasta bar, with spaghetti, penne, whole wheat penne, gluten free penne, ground beef, ground chicken, vegetarian ground round, tofu, tomato sauce, béchamel sauce, olive oil, minced garlic, diced red onions, diced peppers, baby spinach, diced blanched broccoli, parmesan, mozzarella, chopped mixed herbs

Global Interactive Dinner Special- Chili Bar with a choice of beans, vegetarian or with your choice of meat, grated cheddar, sour cream, cilantro corn tortillas and corn salsa

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

Rotisserie Dinner Special- Sautéed shrimp, sweet pepper and onion Yakitori( soy sauce, brown sugar, garlic, ginger, and mirin), rosemary chicken skewers with caramelized onion and fennel salsa, roast potatoes, brown rice, roasted root vegetables Vegan/Vegetarian- 1. sautéed butternut squash, zucchini, sweet peppers and edamame, 2.-Vegan vegetable biryani with basmati rice- drizzled with lemon garlic tahini sauce and almonds on the side.

Sandwich and Burrito Bar–

Try our new deluxe sandwich and burrito menu

Sandwich Special- Chicken Caesar wrap

Wednesday –

Grill Special- Crispy Chicken, lettuce, tomato and chipotle mayo wrap with fries or salad

Global Interactive Lunch Special- Bao Bar – steamed Chinese buns with Hoisin 5 spice duck, BBQ pork, Ginger sesame chicken, Bulgogi beef, chili garlic mayo, hoisin sauce, Bao sauce, kim chi, pickles, cilantro, jalapenos, green onion, shredded cabbage in rice vinegar

Global Interactive Dinner Special- Gnocchi Bar with mozzarella, parmesan, seasonal vegetables, chicken, bacon, Bolognese, tomato sauce and béchamel sauce

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

Rotisserie Dinner Special- Rainbow trout fillet with a sundried tomato pesto, slow roasted pulled pork shoulder with BBQ sauce, sautéed potatoes with olive oil and parsley, brown rice, steamed carrots, broccoli and cauliflower, Vegan/Vegetarian-1. Red beans braised with tomato, sweet peppers, garlic, onions, ginger, coconut milk and parsley-2. Tofu and vegetable kebabs with soy, chili oil, scallions and sesame seeds on rice noodles
Sandwich and Burrito Bar
- Try our new deluxe sandwich and burrito menu

Sandwich Special – Tempura vegetables with lime miso dressing, chili tofu spread and spinach

Thursday –
Grill Special - Tuscan grilled bread and Portobello and tomato salad with bocconcini or Vegan Daiya Cheese, and arugula with balsamic vinaigrette

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

Global Interactive Dinner Special - Risotto Bar with a choice of broths, cheeses, fresh herbs and seasonal vegetables, chicken and shrimp

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

Rotisserie Dinner Special - Seared Cod (with a paprika and chili powder rub) and a cucumber, lime and cilantro salsa (on the side), roasted chicken with lemon, thyme and garlic, roasted potatoes, confetti cous cous, green beans Vegan/Vegetarian-1. Portobello mushrooms with garlic, spinach and barley (served with walnuts on the side)-2. Sautéed Mediterranean vegetables with olives and fresh herbs

Sandwich and Burrito Bar
- Try our new deluxe sandwich and burrito menu

Sandwich Special - Chicken souvlaki breast wrap with tzatziki, tomato, baby greens, black olives and red onion

Friday –
Grill Special - Fried egg, bacon and tomato sandwich on baguette with fries or salad

Global Interactive Lunch Special - Asian lettuce wraps with sticky rice, Asian spiced vegetarian ground round, fresh kim chi, ground beef, ground chicken, baby spinach, julienned carrots, julienned daikon, julienned snow peas, fresh tofu, cilantro, washed and sliced scallion, Korean gochujang sauce, sweet soy, lemon grass sauce and sriracha

Global Interactive Dinner Special - Indonesian noodle bar - choice of rice noodles or lo mein noodles, shrimp, chicken, tofu, mushroom, broccoli, shredded cabbage, green onion, cilantro, sliced chils, with Indonesian Mie Goreng sauce
Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- - Roast ham, teriyaki haddock, olive oil and parsley smashed potatoes, brown rice, peas and edamame, Vegetarian 1. Cumin scented mashed sweet potato topped with a warm tomato and zucchini salsa and drizzled with avocado cream 2. gnocchi with broccoli and cauliflower gratin

Sandwich and Burrito Bar-

Try our new deluxe sandwich and burrito menu

Sandwich Special- Chicken and Eggplant Parmigiana with tomato sauce and mozzarella

Saturday –

Grill Special- poutine- Spinach, sautéed mushroom and Swiss cheese French Toast sandwich with fries or salad

Global Interactive Lunch Special—Omelette bar with ham, cheddar, spinach, red onion, sweet peppers, mushrooms

Global Interactive Dinner Special- - Stuffed Pasta Bar with seasonal vegetables, mozzarella, parmesan, seasonal vegetables, chicken, bacon, tomato sauce and béchamel sauce

Rotisserie Lunch Special- All day breakfast, Thai curried vegetables with coconut milk, and Chef’s daily special

Rotisserie Dinner Special- Beef bourguignonne, fajita style chicken with sweet peppers and red onions, (tortillas, guacamole, sour cream and salsa on the side), sweet potato mash, rice, kalebanzo blend vegetables, Vegetarian /Vegan- Soba noodles with garlic sautéed spinach, garnished with scallions, sesame seeds and drizzled with a tahini, rice wine vinegar, mirin and soy dressing