**Mercato Week 1 – April 21st to April 27th, 2019 Specials**

**Sunday** -

Grill Special- Butter Chicken Poutine- French fries, butter chicken, cheese curds, topped with a tomato, cucumber, cilantro and lime salad

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

Global Interactive Dinner special - Chicken and Beef Pot Pie bar with mashed potatoes and braised beef or braised chicken on top with, mushrooms, peas, onions, carrots (blanched) and celery (blanched) puff pastry squares

Rotisserie Lunch- Sunday- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, Spicy vegetable and bean Jambalaya, 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

Pizza Special- Canadian pizza with bacon, ham, cheddar and cheese curds

**Monday –**

Grill Special- yellow curry chicken breast or yellow curry tofu with coconut vegetable slaw- bean sprouts, snow peas, carrots, purple cabbage, Thai chili’s, brown sugar, lime juice, ginger and unsweetened coconut.

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

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

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

Rotisserie Dinner Special- pork chop with chipotle rub, Roast Chicken, steamed potato, Spanish rice, steamed zucchini, carrots and cauliflower, Vegan chicken strip, mushroom, sweet pepper, bok choy stir fry in ginger garlic soy sauce with rice 2.-barley, spinach and mushroom risotto

Pizza special- Spinach, olive and goat cheese pizza

Sandwich special- Meatball sandwich
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, Sole 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, fennel, onions, garlic ( parmesan on the side)
Pizza Special- Gorgonzola, caramelized onion and prosciutto
Sandwich special- Grilled chicken Caesar wrap

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 Tempura shrimp brochettes, chicken kebabs with citrus, basil and sesame ginger dressing, steamed potato with olive oil and parsley, basmati rice, roasted squash , Vegetarian1.- quinoa and root vegetables served with spinach and goat cheese(on the side), Vegan-2.-Butternut squash, kale and chickpea tikka masala
Pizza Special- Chicken and mushroom with mozzarella and béchamel sauce
Sandwich special- Roasted squash with dates, pecans and goat cheese
Thursday –

Grill Special- Pulled pork 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 Lamb curry( Halal) , herb roasted chicken with tomato and sweet pepper salsa , Seared Tilapia with a mango pineapple salsa, basmati rice, roasted new potatoes, steamed carrots and parsnips,Vegan1.- crispy coconut tofu on brown rice, red beans , coconut milk and spinach, Vegetarian2.-eggplant parmagiana

Pizza Special- Creamy tomato and basil- creamy tomato blush sauce, mozzarella, tomatoes and fresh basil

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

Friday –

Grill Special- Fish and chips- 5oz haddock fillet split in two- beer batter- French fries, tartar sauce

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

Global Interactive Dinner Special- Malaysian Rice Bar with rice, beef, shrimp, chicken, tofu and choice of vegetables and sauces

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

Rotisserie Dinner Special- roasted chicken breast with a creamy tomato basil blush sauce, seafood pie, brown rice, herb roasted potatoes, roasted Mediterranean vegetables, Vegetarian 1 - quinoa with mushrooms, spinach and feta crumble, Vegan2.-Cumin scented Sweet potato, onions, black beans and kale with pumpkin seeds

Sandwich special- Chicken Parmesan or Eggplant parmesan with tomato sauce and mozzarella

Pizza Special- Garden pizza- tomato sauce, mozzarella, spinach, sweet peppers, red onions, tomatoes, mushrooms and broccoli
Saturday –

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

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- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, shrimp and vegetable stir fry on rice noodles, Lentil dal with garlic naan bread and cilantro tomatoes, steamed carrots and green beans

Rotisserie Dinner Special- Roast Ham with Maple Brown Sugar Mustard Rub, Haddock with Soy and ginger, mashed potatoes, brown rice, broccoli and bok choy, Vegan/vegetarian option-1. Whole wheat penne with seared tempeh, rapini, garlic and Daiya cheese2. Vegetarian chili over rice with cilantro, (sour cream and cheddar optional on the side)

Pizza Special- Middle Eastern Vegan Pizza- tomato sauce, hummus, grilled and marinated egg plant, Daiya cheese and tahini sauce