Mercato Week 2 – March 04 to March 10, 2018 Specials

Sunday -
Grill Special- chicken souvlaki sandwich on pita with tzatziki, lettuce and tomato with fries or salad

Sunday- All Day Breakfast - ham and sweet potato casserole in a béchamel sauce, pasta of the day with tomato sauce, mushroom and spinach (parmesan on the side), steamed carrots and green beans

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

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 Dinner Special- Sunday Roast Beef, chicken basil and sun dried tomato meatloaf (gluten free) with fresh tomato parsley salsa, roast potatoes, brown rice, steamed broccoli and cauliflower, Vegan- diced zucchini, red onion, eggplant and tomato couscous, Vegetarian-quinoa and rice with Mexican spiced vegetables, salsa and cheese (on the side)

Monday –
Grill Special- BBQ tofu on a bun with corn salsa, roasted peppers, guacamole and spinach with fries or salad

Global Interactive Lunch Special- Warm root vegetable salad with choice of barley, quinoa, lentils, brown rice, spinach, arugula, apples, pears, nuts, seeds, crumbled feta, honey balsamic vinaigrette, ranch dressing, vegan ranch

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 and choice of vegetables

Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- Rosemary and lemon chicken breast, Pork Katsu with Tonkatsu sauce, steamed potato with herbs, green beans and sweet peppers, brown rice, Vegetarian- braised lentils and kale, butternut squash, spinach, raisins and crumbled feta (on the side), Vegan- rice cooked with coconut milk and thyme with red kidney beans sweet potato and pineapple salsa

Sandwich Special- Egg plant or chicken parmigiana with tomato sauce, mozzarella or Daiya vegan cheese

Try our new specialty sandwich and burrito menu!

Tuesday –
Grill Special- Frank’s Red Hot or BBQ chicken wings (6 pieces) with fries or salad
Global Interactive Lunch Special- Omnivore, vegan and vegetarian 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 and choice of vegetables

Global Interactive Dinner Special- Build your own Pho: See Sheena for broth recipes, bean sprouts, Thai basil, cilantro, lime wedges, thin slice raw beef, chili lime chicken, chili lime pork, red chilies, rice stick

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

Rotisserie Dinner Special- Chicken Yakitori kebabs with charred pineapple, herb baked cod with tomato, parsley, capers and olives, herb roasted potatoes, rice, roasted zucchini, sweet peppers and eggplant – Vegetarian- Lasagne with spinach, mushrooms and ricotta and béchamel (no tomato), Vegan- Vegan meatloaf with chick peas and lentils and tomato basil sauce

Sandwich special- Grilled chicken Caesar wrap

Try our new specialty sandwich and burrito menu!

**Wednesday** –

Grill Special- Philly Cheesesteak- Sliced roast beef, sautéed onions and bell peppers, provolone cheese, sub buns; served with fries or salad.

Global Interactive Lunch Special- Hummus Bar with 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

Global Interactive Dinner Special- Sweet and Sour chicken, pork and tofu bar with Asian vegetables, rice, quinoa and pineapple

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

Rotisserie Dinner Special- Lasagna with Bolognese sauce and Bechamel sauce, herb baked Rainbow trout with citrus salsa (on the side), smashed potatoes, daily rice, roasted root vegetables, Vegetarian- whole wheat pasta with mushrooms, olive oil, sundried tomato, spinach and diced tomato, parmesan (on the side), finished with arugula-Vegan-Grilled vegetable ragout on soft polenta

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

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**Thursday** –

Grill Special- Falafel sandwich on a pita with tahini sauce, lettuce and tomato, with fries or side salad
Global Interactive Lunch Special- Macaroni and cheese bar with a selection of cheeses, ham, bacon, hot dogs, ground beef and seasonal vegetables and jalapenos

Global Interactive Dinner Special- Fajita bar with beef, chicken, tofu, sweet peppers, red onions, rice, flour tortillas, Mexican spices, sour cream, salsa and guacamole

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

Rotisserie Dinner Special- Baked Ham, orange sesame chicken, scalloped potato, steamed mixed vegetables, rice, vegan- ratatouille with white beans, fresh herbs and finished with arugula, vegetarian-spaghetti with spinach, fresh herbs and a blush sauce

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

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**Friday –**

Grill Special- BBQ turkey burger with tomatoes, lettuce and Ranch dressing with fries or side salad

Global Interactive Lunch Special- Vegan and vegetarian Korean rice mix it up- “Bi Bim Bap” with sticky rice, Korean spiced vegetarian ground round, fresh kim chi and choice of toppings.

Global Interactive Dinner Special- Mediterranean Seafood soup bar- seafood blend, haddock(2 oz.), shrimp(4 pieces), scallops, potatoes, rice, fresh herbs, smoked paprika tomato sauce, white wine, chicken stock, veg stock, seasonal vegetables, garlic- lemon garlic aioli

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

Rotisserie Dinner Special- lime scented haddock fillet with mango salsa, pork chops crusted with sweet potato and pumpkin seeds, herb roasted potatoes, brown rice, steamed edamame and peas, vegan- Indian spiced squash, carrots and sweet potato in coconut milk, Vegan-Tofu, Sweet potato, Red Onion, Tomato, Zucchini kebabs with BBQ sauce

Sandwich special- Meatballs with tomato sauce and mozzarella

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**Saturday –**

Grill Special- grilled vegetable salad with crumbled goat cheese and choice of dressing

Global Interactive Lunch Special- Crepe Bar, warm crepes (2 per order), choice of fruit fillings (blueberry compote, peach compote, strawberries, whipped cream or savoury fillings: ham, cheddar, spinach, red onion, sweet peppers, mushrooms, cheese and bechamel

Global Interactive Dinner Special- Thai Noodle Bar, Rice noodles and chow mein noodles with chicken, shrimp, egg, bean sprouts, sweet peppers, julienne carrots, green onions, cilantro, lime wedges, peanuts
(on the side), pad Thai sauce (rice wine vinegar, fish sauce, sriracha, ketchup, brown sugar) and Padang Curry- red curry paste, ground cumin, ginger, garlic, coconut milk, basil and coriander, and Vegan yellow curry and coconut milk sauce

Rotisserie Lunch Special- All day breakfast, BBQ pork and Asian vegetable fried rice, pasta with sweet peppers, red onions, zucchini, fresh herbs, tomato sauce (parmesan on the side) roasted root vegetables

Rotisserie Dinner Special- Roast Turkey breast, stuffing, with gravy and cranberry sauce, Braised beef and root vegetable stew, olive oil smashed potatoes with herbs, brown rice, broccoli and cauliflower, Vegan option- polenta gratin with mushrooms, kale, onions, garlic and Daiya cheese - Vegetarian - Penne Gratin baked with tomato sauce, spinach and herbs, finished with mozzarella

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