**Mercato Week 3 –October 22 to October 28, 2017-2018 Specials**

**Sunday**

Grill Special- turkey, bacon, lettuce and tomato sandwich with fries or salad

Global Interactive Lunch Special- Waffle bar with, yogurt, whipped cream, strawberries, blue berries, peaches, chocolate sauce and pancake syrup

Global Interactive Dinner Special- Caribbean rice bar with pepper pot beef, jerk chicken, jerk pork, red beans, chick peas, rice, coconut milk and curry sweet potatoes, sautéed greens and sweet peppers.

Rotisserie Lunch-Sunday- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, Chicken , mushroom and baby spinach pasta in a béchamel sauce, Stir fried Asian vegetables and tofu on rice noodles, steamed green beans and carrots

Rotisserie Dinner Special- Sunday- Salsa Verde (basil, parsley, coriander, thyme, capers, garlic, olive oil) roast chicken, Crab cakes with lemon mayo and a shrimp salsa(on the side) , Vegan-Falafels on a vegetable and couscous pilaf with tahini sauce(on the side) , Vegetarian- Tomato, onion, fennel and white bean gratin served with fresh arugula( parmesan on the side), roast potatoes, roasted root vegetables

**Monday**

Grill Special- Grilled Portobello mushroom sandwich with baby spinach, honey balsamic dressing and choice of Daiya vegan cheese or goat cheese, served with fries or salad

Global Interactive Lunch Special- Middle Eastern Sauté Bar- rice, lentils, falafels, chicken shawarma, beef shawarma, pickles, lettuce, tahini, tomatoes, parsley and hot sauce

Global Interactive Dinner Special- Polenta Bar (no dairy in polenta) with seasonal vegetables, mozzarella, parmesan, spinach, chicken, bacon, Italian sausage, ground beef, tomato sauce and béchamel sauce

Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- roast beef, mashed potatoes, coconut curry chicken with turmeric and lemongrass, steamed vegetable (chef’s choice), basmati rice, Vegan-baked egg plant, stuffed caramelized onions and cumin lentils with tahini sauce (on the side), Vegetarian –macaroni, cauliflower and broccoli and cheese casserole

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- crispy chicken Caesar wrap (2 gluten free chicken fingers, chopped romaine, Caesar dressing 2oz, parmesan 1 teaspoon) with fries or salad (2 cup portion)
Global Interactive Lunch Special - Chicken noodle and rice soup bowl with chicken broth, chicken, seasonal vegetables and a selection of noodles and rice

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

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

Rotisserie Dinner Special - herb and lemon baked haddock (chopped fresh herbs and slice of lemon) on a, garlic, onion, tomato, and sweet pepper stew, General Tso chicken garnished with scallions and toasted sesame seeds, steamed potatoes with herbs and olive oil, brown rice, steamed broccoli and carrots – Vegetarian, roasted root vegetables with quinoa, feta and cashews (on the side) Vegan - Portobello mushrooms stuffed with sautéed spinach, lentils, onions, garlic, cumin and served with almonds (on the side)

Sandwich special - Grilled chicken Caesar wrap

Try our new specialty sandwich and burrito menu!

**Wednesday –**

Grill Special - General Tso cauliflower with scallions, sriracha, toasted sesame seeds and choice of fries or salad

Global Interactive Lunch Special - Macaroni and cheese bar with a selection of cheeses, ham, bacon, ground beef, hot dogs, broccoli, cauliflower, sweet peppers, red onions

Global Interactive Dinner Special - Pan Asian fried rice bar - five spice duck, Asian pork, curry beef, ginger/soy/garlic chicken, shredded Bok choy, blanched diced carrots and celery, diced onions, baby spinach, peas, mushrooms, garlic, sweet peppers, soy sauce and sriracha

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

Rotisserie Dinner Special - Rich’s famous fried chicken, BBQ Pork Loin chops, tater tots, brown rice, mixed steamed vegetable, Vegetarian-gluten free eggplant parmigiana, Vegan-baked Black bean, spinach and rice burritos (Mexican spiced) served with guacamole, salsa and grated cheddar on the side

Sandwich special - Roasted beets with ricotta, lemon zest, lemon vinaigrette and arugula

Try our new specialty sandwich and burrito menu!
Thursday –

Grill Special- BBQ Chicken- ¼ chicken served with fries and coleslaw. Chicken pre-cooked and basted on the grill with Big Al’s BBQ sauce.

Global Interactive Lunch Special- taco and taco salad bar with flour and corn tortillas(also crisp corn tortillas), chicken, beef, shredded lettuce, chili lime vegetables, shredded cabbage, salsa, corn and black bean salsa, cheese, sour cream, guacamole

Global Interactive Dinner Special- Stuffed Pasta Bar with a choice of sauces and broths, seasonal vegetables, Italian sausage, chicken, ground beef, mushrooms, spinach

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

Rotisserie Dinner Special- Tilapia with soy, ginger and lime, Rich’s Korean beef ribs, smashed sweet potatoes, daily rice, roasted carrots and parsnips, vegan- tomato, sweet pepper, garlic and onions with cubed tofu and edamame, Vegetarian- corn, sweet pepper and orzo pasta baked in béchamel with parmesan

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

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Friday –

Grill Special- - Crispy sweet potato sandwich with arugula, tomato basil salsa, and vegan mayo served with fries or salad

Global Interactive Lunch Special- Power bowls- a vegan and vegetarian interactive with, tofu, vegetarian ground round, brown rice, quinoa, lentils, and a nutritious selection of vegetables, nuts and seeds.

Global Interactive Dinner Special- Deluxe Mashed Potato Bar (with dairy and without) with chicken, beef, vegetarian ground round, gluten free gravy, bacon, sour cream, cheese sauce, grated cheese, green onions, broccoli, cauliflower and sweet peppers

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

Rotisserie Dinner Special- Black Bean Beef and broccoli stir fry, hoisin chicken and green bean stir fry, fried rice, chow mein noodles, steamed broccoli and bok choy, vegan- roasted root vegetables, lentils and rice with almonds on the side, curried chick peas with onions, garlic, ginger, tomato and coconut milk

Sandwich special- Smoke salmon with cream cheese, red onion, capers and arugula

Try our new specialty sandwich and burrito menu!
Saturday –

Grill Special- Chipotle BBQ Chicken kabob with salsa, guacamole and sour cream, serve with fries or salad

Global Interactive Lunch Special- Omelette Bar- Choice of eggs (4oz ladle), egg whites, vegetables, ham, bacon, grated cheese, crumbled feta, sweet peppers, diced red onions, mushrooms, spinach

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- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, penne pasta with grilled vegetables, tomato basil sauce (and parmesan on the side), yellow curry cauliflower and potatoes on basmati rice, roasted root vegetables

Rotisserie Dinner Special- Sweet and sour pork ribs, Rotisserie chicken, brown rice, Asian vegetables, Vegan/vegetarian option- spaghetti squash with quinoa, brown rice, lentils, cumin, cinnamon and cashews on the side, vegetarian- tortellini and Spinach in a blush sauce

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