Mercato Week 3 – October 28 to November 3, 2018 Specials

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

Pizza special- Nacho pizza with salsa, sour cream, crumbled nachos, cheddar blend and jalapenos

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- Rotisserie chicken, Crab cakes with lemon mayo and shrimp salsa, Vegan-Mediterranean vegetable lasagna, with soy milk béchamel, tomato sauce and vegan cheese, Vegetarian- Saag paneer- curried spinach and paneer cheese, basmati rice, roast potatoes, roasted root vegetables

Monday–
Grill Special- 1. Mexican crispy chicken wrap with salsa and guacamole with fries or salad, 2. Grilled Portobello mushroom sandwich with baby spinach, honey balsamic dressing and choice of Daiya vegan cheese or goat cheese, served with fries or salad

Pizza special- Chicken Caesar Pizza- Caesar dressing, chicken, bacon, mozzarella and parmesan

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, honey garlic chicken breast, 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- Mortadella and provolone with olives, spicy pepperoncini and arugula
Try our specialty sandwich and burrito menu!

Tuesday –
Grill Special- Homemade gluten free mozzarella sticks with warm tomato sauce with fries or salad

Pizza special- Artichoke and asiago pizza with creamy artichoke and asiago, spinach and mozzarella

Global Interactive Lunch Special- Green Goddess Buddha bowl-broccoli, green beans, arugula, quinoa, lentils, brown rice, tofu, green goddess dressing or lime basil vinaigrette

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, 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- roasted portobello mushrooms stuffed with cauliflower mash, lentils, onions, garlic, cumin and served with almonds( on the side)

Sandwich special- Meatball sandwich with grilled vegetables and Arrabiata sauce

Try our specialty sandwich and burrito menu!

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

Pizza special- Butter chicken pizza with tomato sauce, mozzarella, butter chicken, red onion and diced tomato

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- Sheena’s stew 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 broccoli with fried onions, ricotta and pumpkin seeds

Try our 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.

Pizza special-Greek pizza with tomato sauce, black olives, red onion, peppers, feta and mozzarella

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, steamed cabbage and carrots, vegan-seared tempeh with miso glaze on a saute of kale and edamame, Vegetarian- corn, sweet pepper and tortellini pasta baked in béchamel with parmesan

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

Try our specialty sandwich and burrito menu!

Friday –
Grill Special-1. Fish and chips with tartar sauce, 2. Crispy sweet potato sandwich with arugula, tomato basil salsa, and vegan mayo served with fries or salad

Pizza Special- Pizza Diablo with tomato sauce, mozzarella, pepperoni, jalapenos and hot peppers
Global Interactive Lunch Special- Omega three salad bowl- choice of brown rice or chilled soba noodles with salmon, haddock, shrimp, arugula, kale, spinach, tomatoes, sweet peppers, red onions, edamame, balsamic vinaigrette or maple miso vinaigrette

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- vegan Mac and Cheese, cous cous pilaf with root vegetables, spinach and chick peas

Sandwich special- Reuben sandwich- corned beef, sauerkraut, Swiss cheese and Russian dressing

Try our specialty sandwich and burrito menu!

Saturday –

Grill Special- Spicy BBQ Chicken kabob on creamy coleslaw, served with fries or salad

Pizza special- grilled vegetable pizza with balsamic grilled vegetables, tomato sauce, mozzarella and pinches of goat cheese

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- BBQ pork ribs, three cup chicken 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

Try our new specialty sandwich and burrito menu!