**Mercato Week 3 – December 01 to December 07, 2019- 2020 Specials**

**Sunday**-

Grill Special- Avocado, bacon, lettuce and tomato sandwich with chipotle mayo and 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, Vegan-butternut squash, kale, apples, lentils, brown rice and pumpkin seeds, 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, root vegetable and kale sauté

**Monday** –

Grill Special- Tempura Portobello mushroom sandwich with baby spinach, honey balsamic dressing and choice of Daiya vegan cheese or feta 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 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- Greek crispy chicken wrap with lettuce, tomato, cucumber, black olives and Greek dressing
Tuesday –
Grill Special- Homemade gluten free cheese curds 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

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, and 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 Pelau 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
**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-grilled vegetables with chimi churi, black beans and corn, Vegetarian- tortellini and spinach pasta baked in a blush sauce

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

**Friday –**

Grill Special- Vegan sweet potato tacos with cumin lime sweet potato, black beans, red onion, salsa, guacamole, Mexi Slaw and coriander 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- Roasted turkey with stuffing, gravy and cranberry sauce , Baked Ham, mashed potatoes, brown rice, roasted winter vegetables, Brussel sprouts, *bean and cheese chipotle enchiladas, cous cous pilaf with root vegetables spinach, chick peas and almonds on the side
Sandwich special- Reuben sandwich- corned beef, sauerkraut, Swiss cheese and Russian dressing

Try our specialty sandwich and burrito menu!

Saturday –
Grill Special- Fish and chips with home made tartar sauce

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, 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( braise chicken thighs in Chinese aromatics with equal amounts- sesame oil, soy sauce and Mirin), brown rice, Asian vegetables, Vegan/vegetarian option- *mushroom and spinach padang curry with brown rice, lentils and sunflower seeds, vegetarian- cheesy chipotle mac and cheese with diced tomato