Mercato Week 4 – February 4 to 10, 2018 Specials

**Sunday**

Grill Special- Sunday- Lemon and Herb Chicken on a Greek salad

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

Global Interactive Dinner Special- Chinese noodle soup bowl, chow mein, rice noodles, chicken broth and vegetable broth vegetables, chicken, pork, shrimp, beef or tofu

Rotisserie Dinner Specials- *Italian porchetta roasted pork shoulder with rosemary, garlic and lemon zest, Chinese Three Cup braised Chicken flavoured with ginger and basil, olive oil and herb smashed potatoes, brown rice, roasted root vegetables, steamed bok choy, Vegan-Mexican spiced sweet potato and black bean bake- layer cooked sweet potatoes (flavoured with cumin and chili powder) with black beans and corn tortillas. Garnish with guacamole and Vegan Daiya cheese on the side.*

**Monday**

Grill Special- Miso roasted carrots, edamame hummus, toasted quinoa, toasted nori and side salad

Global Interactive Lunch Special- Perogie Bar with caramelized onions, bacon, sour cream and a selection of seasonal vegetables

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, tofu, cilantro, lime wedges, peanuts (on the side), pad Thai sauce, Padang Curry and vegan yellow curry and coconut milk sauce.

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

Rotisserie Dinner Special- *Fresh herb and lemon marinated Tilapia, beef and root vegetable stew, oxtail stew, daily potato, West Indian rice and peas, steamed broccoli, Vegetarian- Spinach Ricotta Lasagna (in béchamel sauce) Vegan- Vegan Singapore noodles, rice noodles, soy, sesame oil, curry powder, tofu, green onions, sweet peppers and snow peas.*

Sandwich Special- Grilled vegetables with arugula and roasted pepper and goat cheese spread

Try our new specialty sandwich and burrito menu!
Tuesday –
Grill Special- Buffalo chicken wings with carrot and celery sticks and blue cheese dip
Global Interactive Lunch Special- Meatball pasta bar with beef, chicken and vegetarian meatballs, tomato sauce and cheese
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 Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- shrimp brochette with cucumber salsa, *BBQ chicken brochettes*, mashed potatoes, basmati rice, roasted root vegetables Vegan/Vegetarian- 1.curried chick peas with eggplant, 2. - Tofu and sweet potato with Korean gochujang sauce

Tuesday – Grilled chicken Caesar wrap
Try our new specialty sandwich and burrito menu!

Wednesday –
Grill Special- Grilled Portobello Mushroom Swiss- grilled Portobello mushrooms in a hamburger bun with Swiss cheese or Daiya Cheese and dressed vegan Ranch Dressing served with fries or salad

Global Interactive Lunch Special- Lunch – Hummus Bar( 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( sumac, lemon juice, olive oil)

Global Interactive Dinner Special- Stuffed Pasta Bar with a choice of sauces and broths, seasonal vegetables, and a revolving selection of Italian inspired meats and cheeses
Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- Baked haddock with fresh tomato salsa, Parmesan crusted Pork Loin Chops, steamed potatoes with olive oil and parsley, brown rice, steamed carrots and cauliflower, Vegan/Vegetarian-1.Quinoa, rice and lentil stuffed peppers, garnished with lemon garlic tahini sauce( on the side)2.Corn, spinach and tomato orzo with crumbled feta (on the side)

Wednesday – Roasted beets with ricotta, lemon zest, lemon vinaigrette and arugula
Try our new specialty sandwich and burrito menu!
**Thursday –**

Grill Special- Korean pork dumplings with side salad or sweet potato fries

Global Interactive Lunch Special- Warm Mediterranean salad bar with Mediterranean vegetables, lentils, rice, chicken or tofu, spinach, crumbled feta, and choice of balsamic vinaigrette, sun dried tomato vinaigrette or Greek vinaigrette

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, choice of vegetables to include diced green peppers, peas, baby spinach, blanched diced cauliflower, blanched diced carrots, cashews, pumpkin seeds, coriander and scallions

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


Vegan/Vegetarian 1. Ratatouille with white beans and fresh herbs. 2. Butternut squash with diced apples and almonds (on the side)

Thursday – Chicken breast with shawarma spices, hummus, pickles, tomato and tahini sauce

Try our new specialty sandwich and burrito menu!

**Friday –**

Grill Special- Chili cheese dog Friday- Choice of Vegan or Beef Hot Dog with black bean chili, grated cedar and choice of fries or salad

Global Interactive Lunch Special- Fatoush salad bar- chopped romaine, diced tomatoes, diced cucumbers, chopped parsley, diced red onions, chicken shawarma, ground beef shawarma, crispy pita, crumbled feta and sumac dressing

Global Interactive Dinner Special- Ramen Bar with pork broth, chicken broth and miso broth, Asian BBQ Pork, Asian BBQ Chicken, Asian BBQ Tofu, green onion, boiled egg, bean sprouts, bamboo shoots, nori, corn, lo mein noodle and rice noodles

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

Rotisserie Dinner Special- Teriyaki Salmon burgers with Asian slaw and wasabi mayo, roast beef with Mediterranean salsa, olive oil and parsley smashed potatoes, brown rice, garlic sautéed spinach and kale, Vegetarian 1.-Moroccan spiced vegetable and chick pea stew 2. Gnocchi with tomato, basil, ricotta and mozzarella

Sandwich Special- Egg plant or chicken parmigiana with tomato sauce, mozzarella or Daiya vegan cheese
Try our new specialty sandwich and burrito menu!

**Saturday**

Grill Special- Fish tacos with Flour tortillas, chipotle mayo, cabbage, lime wedges, radish, and cilantro

Global Interactive Lunch Special-- Omelette bar with Ontario farm fresh eggs, egg whites and a choice of meats, cheeses and vegetables

Global Interactive Dinner Special- Multi- Grain Bar with brown rice, white rice, millet, sorghum, lentils and wheat berries. With choice of beef, chicken, tofu, spinach, kale, broccoli, mushrooms, onions, soy, garlic and ginger

Rotisserie Lunch Special-All day breakfast, ratatouille braised in tomato sauce with fresh herbs, and Chef’s daily special

Rotisserie Dinner Special- Rotisserie chicken, mustard glazed ham, sweet potato mash, rice, steamed carrots and broccoli, Vegetarian /Vegan- 1.-barley with mushrooms, spinach and parmesan cheese( On the side), 2.-rice noodle with Asian vegetables, cilantro, basil, soy, lime juice and sciracha