Mercato Menu – October 27th to November 2nd, 2019 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. Chicken Coq au Vin, olive oil and herb smashed potatoes, brown rice, roasted root vegetables, steamed broccoli and cauliflower, Vegan-Thai coconut rice with coriander, basil, yellow curry, shredded cabbage, edamame, sweet potato, brown rice, quinoa and sesame seeds

Pizza Special- Pizza Margarita with tomato, fresh basil and bocconcini

Monday –
Grill Special- Shawarma spiced cauliflower in a pita, with hummus, tahini sauce, shredded vegetables, sumac dressing and fries or salad

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

Global Interactive Dinner Special- Teriyaki chicken, beef and tofu bar with Asian vegetables, rice, quinoa and sesame seeds

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- Butternut squash ravioli with apples and sage brown butter. 1. Vegan- Vegan Singapore noodles, rice noodles, soy, sesame oil, curry powder, tofu, green onions, sweet peppers and snow peas. 2. Miso roasted carrots with edamame, crispy quinoa and sesame seeds

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

Pizza Special- Buffalo chicken pizza with tomato sauce, chicken, Frank’s red hot and blue cheese
Tuesday –
Grill Special- Korean pork and kim chi dumplings served with sweet potato fries

Global Interactive Lunch Special- Gourmet Hot Dog Bar with beef chili, veggie chili, sauerkraut, kim chi, pepperoncini, diced onions, diced tomatoes, sliced olives, grated cheese, guacamole, mustard, ketchup, relish, fried onions and jalapeno
Global Interactive Dinner Special- Coconut rice Latin bowl with cumin lime chicken, chipotle beef, chili dusted tofu, shrimp, black beans, sweet potato, corn, salsa, diced red onion, diced sweet peppers

Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- Lemon, garlic and parsley shrimp brochettes, Rotisserie chicken, garlic sautéed kale and broccoli, white rice, Vegan/Vegetarian- 1. creamy squash, apple and barley risotto with parmesan 2. – Chick peas, sweet peppers and sweet potato with Korean gochujang sauce

Sandwich special – Grilled chicken, ham and Swiss wrap with Ranch dressing
Pizza Special- Broccoli, cheddar and bacon pizza with béchamel

Wednesday –
Grill Special- Vegan curry poutine with chana dahl, cashew cream, coriander and tomato

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, sweet and sour tamari pork stir fry, steamed potatoes with olive oil and parsley, brown rice, steamed carrots and cauliflower, Vegan/Vegetarian- 1. Quinoa, rice and lentil stuffed peppers, garnished with Vegan Daya cheese) 2. Corn, red onion, spinach and tomato whole wheat penne with crumbled feta (on the side)

Sandwich special – Roasted squash with sweet potato hummus, pickles, tomato and tahini sauce
Pizza Special- Meat ball pizza with roasted peppers, mozzarella and parmesan
**Thursday –**

Grill Special- Buffalo chicken wings with carrot and celery sticks and blue cheese dip

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


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

Pizza special- BBQ pizza: tomato sauce, mozzarella, chicken, red onion, sweet pepper, BBQ sauce

**Friday –**

Grill Special- Tex Mex Vegan “Pulled Pork” pulled jack fruit in salsa with guacamole, black bean and corn salsa with 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- salmon with creamed leeks topped with puff pastry, roast beef with chimichurri, olive oil and parsley smashed potatoes, brown rice, garlic sautéed spinach and kale, Vegan-Vegan chicken breast on Cacciatore sauce Vegetarian-gnocchi with tomato, basil, ricotta and mozzarella

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

Pizza special- Spinach/Ricotta/Mushroom-tomato sauce, spinach, mozzarella, ricotta, mushrooms
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 and lentils with mushrooms, spinach and parmesan cheese( On the side), 2.-Kim chi and vegetable fried rice with crispy tofu.

Pizza Special-grilled vegetable with pesto and mozzarella