Mercato Week 5 – April 7 to April 13, 2018-2019 Specials

Sunday-
Grill Special- Sunday- Vegan burger supreme with grilled sweet potato, guacamole, corn salsa and Vegan Ranch Dressing- served with fries or salad (2 cup portion)

Global Interactive Lunch Special- Waffle Bar with choice of fruit and toppings
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- All day breakfast, quinoa with Moroccan spiced root vegetables, and Chef’s daily special

Rotisserie Dinner Specials- BBQ Shrimp with sweet pepper and onion, BBQ chicken with cole slaw, roasted potatoes, confetti rice, green beans and broccoli, potatoes , Vegan1. Vegan Shepherd’s Pie- combine cooked lentils that have been tossed with a small amount of oil and then baked till crispy, with sautéed mire poix, mushrooms and savoury herbs , top with olive oil mashed potatoes( GF). Vegetarian/vegan 2. Whole wheat pasta with mushrooms, garlic and kale with parmesan and Vegan daiya cheese on the side.

Pizza special- Sunday- BBQ chicken and pineapple pizza- tomato sauce, mozz, diced chicken, BBQ sauce, pineapple

Monday –
Grill Special- Korean Style Beef Rib and Asian Salad

Global Interactive Lunch Special- Cobb salad bar- chopped lettuce, diced tomatoes, hardboiled egg, avocado, grated cheese, green onion, diced chicken, bacon, sliced olives, pumpkin seeds, balsamic vinaigrette, Vegan ranch, ranch dressing

Global Interactive Dinner Special- - High protein Power Bowl-beef, chicken(4oz), tofu(4oz) brown rice, quinoa, lentils, seasonal vegetables, pumpkin seeds, sesame seeds, chia seeds, do with broth or as stir fry

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

Rotisserie Dinner Special- baked Tilapia with an olive, tomato and caper ragout, lemon. Chicken breast with basil, sun dried tomato and spinach in a cream sauce, steamed new potatoes, basmati rice, sautéed sweet peppers, spinach and zucchini, Vegan-1. Tofu and eggplant katsu with vegan tonkatsu sauce- Vegetarian 2- Cauliflower steak with crispy lentils salsa verde and raisins with feta and Vegan Daiya cheese on the side.
Pizza Special- Monday- Veggie, Bacon and Ranch- Ranch dressing, mozzarella, assorted vegetables and bacon

Sandwich and Burrito Bar-
Try our deluxe sandwich and burrito menu
Sandwich Special- Beef with curried mayo, mango chutney, and goat cheese

Tuesday –
Grill Special- “Buffalo Chicken” Cauliflower tossed with Franks Hot sauce- with carrot and celery sticks, choice of Blue cheese dressing or vegan ranch serve with fries or salad

Global Interactive Lunch Special- pasta bar, with spaghetti, penne, whole wheat penne, gluten free penne, ground beef, ground chicken, vegetarian ground round, tofu, tomato sauce, béchamel sauce, olive oil, minced garlic, diced red onions, diced peppers, baby spinach, diced blanched broccoli, parmesan, mozzarella, chopped mixed herbs

Global Interactive Dinner Special- Chili Bar with a choice of beans, vegetarian or with your choice of meat, grated cheddar, sour cream, cilantro corn tortillas and corn salsa

Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- Skewered shrimp, with sweet pepper and onion Yakitori( soy sauce, brown sugar, garlic, ginger, and mirin). Rosemary chicken skewers with caramelized onion and fennel salsa, roast potatoes, brown rice, roasted root vegetables Vegan/Vegetarian- 1. Cheese ravioli with sauteed butternut squash, zucchini and sweet peppers, 2.-Vegan vegetable biryani with basmati rice- drizzled with lemon garlic tahini sauce and almonds on the side.

Pizza Special- Corfu Pizza- tomato sauce, artichokes, black olives, mozzarella and crumbled feta

Sandwich and Burrito Bar-
Try our deluxe sandwich and burrito menu
Sandwich Special- Chicken Bacon, lettuce and tomato wrap
Wednesday –
Grill Special- Crispy BBQ Chicken wrap, lettuce, tomato, cheddar, BBQ sauce wrap with fries or salad

Global Interactive Lunch Special- Bao Bar – steamed Chinese buns with Hoisin 5 spice duck, BBQ pork, Ginger sesame chicken, Bulgogi beef, chili garlic mayo, hoisin sauce, Bao sauce, kim chi, pickles, cilantro, jalapenos, green onion, shredded cabbage in rice vinegar

Global Interactive Dinner Special- Gnocchi Bar with mozzarella, parmesan, seasonal vegetables, chicken, bacon, Bolognese, tomato sauce and béchamel sauce

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

Rotisserie Dinner Special- Rainbow trout fillet with a sundried tomato pesto, slow roasted pulled pork shoulder with BBQ sauce, steamed potatoes with olive oil and parsley, brown rice, steamed carrots, broccoli and cauliflower, Vegan/Vegetarian-1. Spaghetti squash and zucchini noodles with vegan ground round bolognese and choice of parmesan or Daiya cheese2. “Vegan chicken strip” stir fry with soy, chili oil, scallions and sesame seeds on rice noodles

Pizza Special- Ham, Swiss and Mushroom on a creamy béchamel sauce

Sandwich and Burrito Bar-
Try our deluxe sandwich and burrito menu

Sandwich Special–Tempura vegetables with lime miso dressing, chili tofu spread and spinach

Thursday –
Grill Special- Vegan “Pulled Pork” sandwich with cole slaw, on a hamburger bun, served with salad or fries.

Global Interactive Lunch Special- Macaroni and cheese bar with a selection of cheeses, ham, bacon, hot dogs, ground beef and seasonal vegetables

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

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

Rotisserie Dinner Special- Thursday-Seared Cod (with a paprika and chili powder rub) with a warm lime and cilantro salsa( on the side), roasted chicken with cranberry sauce, gravy, roasted potatoes, confetti cous cous, green beans Vegan/Vegetarian-1. Vegan paella- saffron rice, smoked paprika, roasted peppers, white beans, green beans, peas and almonds on the side-2. Vegetarian Mexican corn tortilla bake with refried beans, warm zucchini and tomato salsa, spinach- garnished with grated cheese or Daiya cheese
Pizza Special- Green Goddess pizza- tomato sauce, spinach, mozzarella, zucchini and broccoli

Sandwich and Burrito Bar-
Try our deluxe sandwich and burrito menu
Sandwich Special - Proscuitto, ham and bacon with Swiss cheese and spinach pressed

Friday –
Grill Special - fried egg, bacon and tomato sandwich on baguette with fries or salad
Global Interactive Lunch Special- Asian lettuce wraps with sticky rice, asian spiced vegetarian ground round, fresh kim chi, ground beef, ground chicken, baby spinach, julliened carrots, julliened daikon, jullienne snow peas, fresh tofu, cilantro, washed and sliced scallion, Korean gochujang sauce, sweet soy, lemon grass sauce and sriracha
Global Interactive Dinner Special- - Indonesian noodle bar- choice of rice noodles or lo mein noodles, shrimp, chicken, tofu, mushroom, broccoli, shredded cabbage, green onion, cilantro, sliced chils, with Indonesian Mie Goreng sauce
Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- - Roast ham, teriyaki haddock, scalloped potatoes, brown rice, peas and edamame, Vegetarian 1.Cumin scented mashed sweet potato topped with a warm tomato and zucchini salsa and drizzled with avocado cream( on the side)2.gnocchi with broccoli and cauliflower gratin
Pizza Special- Garlic Bread Pizza- garlic butter, mozzarella, parmesan and chopped herbs

Sandwich and Burrito Bar-
Try our deluxe sandwich and burrito menu
Sandwich Special- Chicken and Eggplant Parmigiana with tomato sauce and mozzarella

Saturday –
Grill Special- Spinach, sautéed mushroom and Swiss cheese French Toast sandwich with fries or salad
Global Interactive Lunch Special—Omelette bar with ham, cheddar, spinach, red onion, sweet peppers, mushrooms
Global Interactive Dinner Special- - Stuffed Pasta Bar with seasonal vegetables, mozzarella, parmesan, seasonal vegetables, chicken, bacon, tomato sauce and béchamel sauce
Rotisserie Lunch Special- All day breakfast, Thai curried vegetables with coconut milk, and Chef’s daily special

Rotisserie Dinner Special- Beef bourguignonne, fajita style chicken with sweet peppers and red onions, (tortillas, guacamole, sour cream and salsa on the side), sweet potato mash, rice, kalebanzo blend, Vegetarian- Mushroom and spinach risotto fritters /Vegan- Soba noodles with garlic sautéed spinach, garnished with scallions, sesame seeds and tahini, rice wine vinegar, mirin and soy dressing- on the side

Pizza Special- Saturday- ground sausage, peppers and onions on tomato sauce with mozzarella