**Mercato Week 6 – March 03 to March 09 – 2019, Specials**

**Sunday**

Grill Special- Sunday- Hoisin chicken satay or Hoisin tofu satay with Asian vegetable slaw- bean sprouts, snow peas, carrots, Napa cabbage, brown sugar, lime juice, ginger, sesame oil and soy sauce

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

Global Interactive Dinner Special- Fajita bar with Mexican spiced chicken, beef, tofu, sweet peppers, red onions, flour tortillas, rice, cheese, sour cream, guacamole and salsa.

Rotisserie Lunch Special- Breakfast 9am-12pm-after with scrambled eggs, bacon, sausage, potato the day, Spicy Asian vegetable and tofu stir fry on rice noodles , barley, grilled vegetable and spinach risotto and daily specials

Rotisserie Dinner Specials- Kung Pao chicken , baked cod with Mirin and miso , brown rice, roast potatoes, steamed broccoli and beans , Vegan-1.Curried vegetables with almonds and cilantro on rice , 2.udon noodles)with mushrooms, sweet peppers , red onions and teriyaki sauce

_Pizza Special-Chicken Tikka Masala Pizza_

**Monday –**

Grill Special- Grilled chicken or grilled vegan chicken,tomato and roast pepper Panzanella salad- with plum tomatoes, grilled baguette, julliene roasted pepper, grated parmesan or vegan Daiya cheese, arugula, and honey balsamic dressing

Global Interactive Lunch Special- Greek Salad Bar- chicken souvlaki pieces, pork souvlaki pieces, vegan chicken souvlaki pieces, chopped romaine, diced tomatoes, diced cucumbers, Kalamata olives, diced red onions, pita, and Roula’s Greek dressing

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

Rotisserie Lunch Special - baked spinach, eggplant, béchamel, tomato and feta (on the side) Asian chicken and rice stir fry , and daily specials

Rotisserie Dinner Special- Porchetta spiced pork chop , Smoke paprika Roast Chicken , Gluten free rice flour battered haddock , steamed potato, Spanish rice , steamed zucchini, carrots and cauliflower, Vegan-1.mushroom, sweet pepper, bok choy stir fry in ginger garlic soy sauce with rice 2.-barley, spinach and mushroom risotto
Pizza special- Creamy Leek, Ham and Bacon Pizza

Sandwich and Burrito Bar -

Sandwich Special- Pan Bagnat- tuna in olive oil and lemon on baguette with hard boiled egg, black olives, roasted pepper and parsley

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**Tuesday –**

Grill Special- -Lemon grass shrimp satay on a green papaya salad

Global Interactive Lunch Special- Meatball Panini Bar- with beef, chicken and vegetarian meatballs and choice of onions, mushrooms, sweet peppers, tomato sauce, mozzarella and parmesan cheese-

Global Interactive Dinner Special- Soba noodle and brown rice bar, soy chicken broth, miso broth, Asian Pork, Chicken, Tofu, green onion, boiled egg, bean sprouts, nori, corn, mushrooms

Rotisserie Lunch Special- Rice with artichokes, olives, spinach and parmesan (on the side) Piri Piri chicken and fried potatoes and daily specials

Rotisserie Dinner Special- Hangshao Beef pot roast, Sole garnished with shrimp ceviche, mashed potato, roasted root vegetable, brown rice – Vegan-1. Broccoli, bok choy, tofu, black bean sauce on brown rice, Vegetarian2. Lentils braised in tomato sauce with diced zucchini, onions, garlic (parmesan on the side)

Pizza Special-Smoke Salmon Pizza

Sandwich and Burrito Bar -

Sandwich Special- Bratwurst, mustard and sauerkraut

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**Wednesday –**

Grill Special- Gluten free Broccoli tempura on a sweet potato and pumpkin seed salad with a miso vinaigrette

Global Interactive Lunch Special- Vegan and vegetarian Korean rice mix it up- “Bi Bim Bap” with sticky rice, Korean spiced vegetarian ground round, fresh kim chi, toasted nori julienne, baby spinach, julliened carrots, julliened daikon, julienne snow peas, fresh tofu, toasted pumpkin seeds, washed and sliced scallion, eggs, sweet soy, and sriracha
Global Interactive Dinner Special- Sweet and Sour chicken, pork and tofu bar with Asian vegetables, rice, quinoa and pineapple

Rotisserie Lunch Special - Beef chow mein, Swedish meatballs in a mustard, nutmeg and all spice cream gravy and daily specials

Rotisserie Dinner Special- Red Curry and coconut shrimp brochettes, Moroccan spiced braised chicken kebabs and root vegetables, steamed potato with olive oil and parsley, basmati rice, roasted squash , Vegetarian1.- cous cous served with spinach and onions cooked with cumin , Vegan-2.-mediterranean vegetable and chick pea ragout

Sandwich and Burrito Bar-
Sandwich Special– Roasted beets with ricotta, lemon zest, lemon juice and arugula

Pizza special-Shrimp and salsa-

Thursday –
Grill Special- pulled chicken Tinga tostada with shredded cabbage with lime juice, cilantro, guacamole served with a Mexican Esquites street corn salad

Global Interactive Lunch Special - Taco and Taco Salad Bar with flour and corn tortillas, chicken, beef, fish, shredded lettuce, chili lime vegetables, shredded cabbage with lime juice and chili, salsas, cheese , sour cream, guacamole and our own hot sauce 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 Special- Deluxe Asian fried rice, Chicken and shrimp padang and daily specials

Rotisserie Dinner Special-Rosemary and mustard Lamb (Halal) , Chicken cacciatorra , and Seared Tilapia with soy, ginger and garlic, basmati rice, roasted new potatoes, steamed carrots and parsnips,Vegan1.- sriracha spiced tofu , brown rice and vegetable stir fry,. Vegetarian2.-eggplant parmigiana

Pizza Special- Cheeseburger pizza

Sandwich Special -chicken souvlaki breast wrap with tzatziki, tomato, baby greens,black olives and red onion

Friday –
Grill Special - Vegetarian samosas and papadoms with a tomato and cucumber raita
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- Pan Asian fried rice bar- five spice duck, Asian pork, curry beef, ginger soy chicken, shredded bok choy, blanched diced carrots and celery, diced onions, baby spinach, peas, mushrooms, diced sweet peppers, garlic, soy sauce and sriracha

Rotisserie Lunch Special- lamb and basmati rice Biryani and daily specials, Arroz con Pollo, Spanish chicken and rice

Rotisserie Dinner Special- roasted chicken Montagnarde with a creamy mushroom and leek sauce, sautéed garlic and parsley shrimp on pan tomate, brown rice, herb roasted potatoes, roasted Mediterranean vegetables, Vegetarian 1 – lemon rice with spinach and feta crumble, Vegan2.-Sweet potato and chick pea Korma with coconut milk

Sandwich and Burrito Bar

Sandwich Special- Pork bifana with roasted pepper sauce and caramelized onions

Pizza special- Chicken teriyaki pizza

Saturday –

Grill Special- Yakitori beef skewers with peppers, mushrooms and tofu served with sweet potato fries

Global Interactive Lunch Special— Lunch 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- Chinese noodle soup bowl, chow mein, rice noodles, chicken broth and vegetable broth (both flavoured with mirin, soy sauce, sesame oil, garlic, ginger and a little brown sugar)vegetables, chicken, pork, shrimp, beef or tofu

Rotisserie Lunch Special- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, Chicken boscaiola pasta with sage and mushrooms, Chicken, shrimp and egg Pad Thai

Rotisserie Dinner Special- Baked ham with brown sugar, mustard, cloves and red wine, Haddock with lemon and shallot Sauce Bercy, mashed potatoes, brown rice, broccoli and carrots, Vegan/vegetarian option-1. Vegetarian burritos with rice, salsa, black beans and cilantro, (sour cream, guacamole and cheddar optional on the side) 2. Vegan Ratatouille baked with croutons and Daiya vegan cheese

Pizza special- Hoisin duck pizza