**Mercato Week 2 – November 24 to November 30, 2019 Specials**

**Sunday –**
Grill Special- chicken shawarma sandwich on pita with tahini, lettuce, pickle and tomato with fries or salad

Sunday- All Day Breakfast -ham and sweet potato casserole in a béchamel sauce, pasta of the day with blush sauce, mushroom and spinach, roasted squash with quinoa, herbs, peppers, onions and pumpkin seeds, steamed carrots and green beans

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

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 Dinner Special- Roast chicken, roast beef with gravy, roast potatoes, brown rice, steamed broccoli and cauliflower, Vegan-curry roasted cauliflower on a spinach, onion and chick pea saute, Vegetarian-quinoa and rice with Mexican spiced vegetables, salsa and cheese( on the side)

**Monday –**
Grill Special- Vegan sweet potato tostadas- sweet potato with cumin and lime, fried tortillas, salsa, red onion, cabbage and cilantro slaw, black beans and guacamole

Global Interactive Lunch Special- power greens salad bar- with baby spinach, baby kale, swiss chard, with choice of quinoa, lentils, nuts, seeds, vegetables, bacon, shrimp, chicken, choice of cheese, honey balsamic vinaigrette, ranch dressing, vegan ranch

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 and choice of vegetables

Joe’s Lunch creations with a vegan option every day

Rotisserie Dinner Special- Rosemary and lemon chicken breast, Pork Katsu with Tonkatsu sauce, steamed potato with herbs, green beans and sweet peppers, brown rice, Vegetarian- whole wheat pasta gratin with cheese, broccoli and cauliflower, Vegan- rice cooked with coconut milk and thyme with red kidney beans sweet potato and pineapple salsa

Sandwich Special- Terriyaki meatballs with spicy Asian slaw and mayo

Pizza Special- Spinach, ricotta, mozzarella and lemon
Tuesday –
Grill Special- Salt and pepper chicken wings with a side of BBQ sauce served with fries or salad

Global Interactive Lunch Special- Omnivore, vegan and vegetarian 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 and choice of vegetables

Global Interactive Dinner Special- Build your own Pho: bean sprouts, Thai basil, cilantro, lime wedges, thin slice raw beef, chili lime chicken, chili lime pork, red chilies, rice stick

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

Rotisserie Dinner Special- roasted chicken breast with charred pineapple salsa, herb baked cod with tomato, parsley, capers and olives, herb roasted potatoes, rice, roasted zucchini, sweet peppers and eggplant – Vegetarian- Lasagne with spinach, mushrooms and ricotta and béchamel (no tomato), Vegan- Vegan meatloaf with chick peas and lentils and tomato basil sauce

Sandwich special- Grilled chicken chipotle wrap with chipotle mayo, guacamole, cheddar and crumbled nacho chips

Pizza special- Spicy Pineapple and Bacon with basil

Wednesday –
Grill Special- Philly Cheesesteak- Sliced roast beef, sautéed onions and bell peppers, provolone cheese, sub buns; served with fries or salad.

Global Interactive Lunch Special- Hummus and Babaghanoush bar Bar- chopped romaine, diced tomatoes, diced cucumbers, chopped parsley, diced red onions, pita, and sumac dressing

Global Interactive Dinner Special- Sweet and Sour chicken, pork and tofu bar with Asian vegetables, rice, quinoa and pineapple

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

Rotisserie Dinner Special- Lasagna with Bolognese sauce and béchamel sauce, herb baked Rainbow trout with citrus salsa (on the side), smashed potatoes, daily rice, roasted root vegetables, Vegetarian- barley with mushrooms, olive oil, sundried tomato, spinach and diced tomato, parmesan (on the side), finished with arugula- Vegan- Pulled Jack fruit in BBQ sauce on corn, sweet potato and black bean cake

Sandwich special- Roasted beets and sweet potato, herbed ricotta, arugula and white wine vinaigrette

Pizza Special- Mushroom and kale pizza with creamy béchamel
Thursday –

Grill Special- Falafel sandwich on a pita with tahini sauce, lettuce and tomato, with fries or side salad
Global Interactive Lunch Special- Smoothie bowl- choice of smoothies- vegan, dairy or green- garnished with choice of cut fruit, berries, nuts, seeds, granola and dried fruit
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- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- Baked Ham, jerk chicken, scalloped potato, steamed mixed vegetables, crispy festival, rice and peas, vegan- vegan Jerk chicken with slaw, vegetarian- spaghetti with spinach, fresh herbs and a blush sauce
Sandwich specials- Eggplant or chicken parmigiana with tomato sauce, mozzarella or Daiya vegan cheese
Pizza Special- New Orleans Mortadella and Ham

Friday –

Grill Special- Grilled Thai beef salad marinated with lemon grass, cilantro, basil and garlic, crispy shallots, on a salad of kale, romaine, carrot, peppers, green onion and chili lime soy 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 and choice of toppings.
Global Interactive Dinner Special- Spanish Paella bar- seafood blend, chicken, shrimp(4 pieces), chorizo sausage, saffron rice, fresh herbs, smoked paprika tomato sauce, white wine, chicken stock, veg stock, peas, sweet peppers, green beans, garlic- lemon garlic aioli
Rotisserie Lunch Special- Joe’s Lunch creations with a vegan option every day
Rotisserie Dinner Special- lime scented haddock fillet with mango salsa , honey and jalapeno glazed pork loin chops, herb roasted potatoes, brown rice, steamed edamame and peas, vegan- Three Sisters stew with corn, squash and beans in a vegan broth, Vegan-Tofu, Sweet potato, Red Onion , Tomato, Zucchini kebabs with BBQ sauce
Sandwich special- Smoked salmon, hard boiled eggs, red onion, caper mayo and arugula
Pizza Special-Four Cheeses- Quattro Formaggi
Saturday –

Grill Special- Tempura vegetable wrap with lettuce, cucumber and sweet miso dressing served with fries or salad

Global Interactive Lunch Special- Crepe Bar, warm crepes (2 per order), choice of fruit fillings (blueberry compote, peach compote, strawberries, whipped cream or savoury fillings: ham, cheddar, spinach, red onion, sweet peppers, mushrooms, cheese and béchamel

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, cilantro, lime wedges, peanuts (on the side), pad Thai sauce (rice wine vinegar, fish sauce, sriracha, ketchup, brown sugar) and Padang Curry- red curry paste, ground cumin, ginger, garlic, coconut milk, basil and coriander, and Vegan yellow curry and coconut milk sauce

Rotisserie Lunch Special-All day breakfast, BBQ pork and Asian vegetable fried rice, pasta with sweet peppers, red onions, zucchini , fresh herbs, tomato sauce( parmesan on the side)roasted root vegetables

Rotisserie Dinner Special- Roast chicken breast with chicken jus, Braised beef and root vegetable stew, olive oil smashed potatoes with herbs, brown rice, broccoli and cauliflower, Vegan option-polenta gratin with mushrooms, kale, onions, garlic and Daiya cheese - Vegetarian - Tortellini Gratin baked with tomato sauce, spinach and herbs, finished with mozzarella

Pizza Special- Pizza Verdure with Kale and Artichokes