WEEKLY SUPER SIX $ MEAL DEAL

beer battered fish sandwich

Monday, April 9, 2018

BREAKFAST
- sensible breakfast: egg and cheese whole wheat
  $2.29
- self-serve breakfast items: scrambled eggs and breakfast meats
  vary
- hot breakfast cereal and grits
  $1.50 / $2.00 / $2.50
LUNCH
- soup of the day: garden vegetable
  $2.80 / $3.80 / $4.80
- butcher & baker: carved asian flank steak sandwich
  $7.50
- entrée: superfood herbs & spices- carrot quinoa salad
  $6.48
- sensible selection grill: chicken pesto sandwich
  $6.48
- create: buffalo chicken salad
  $8.48

Tuesday, April 10, 2018

BREAKFAST
- sensible breakfast: egg and cheese whole wheat
  $2.29
- self-serve breakfast items: scrambled eggs and breakfast meats
  vary
- hot breakfast cereal and grits
  $1.50 / $2.00 / $2.50
LUNCH
- soup of the day: tomato basil bisque
  $2.80 / $3.80 / $4.80
- butcher & baker: carved asian flank steak sandwich
  $7.50
- entrée: superfood herbs & spices- pesto grilled chicken
  $6.48
- sensible selection grill: chicken pesto sandwich
  $6.48
- create: beef and mushroom tacos with jicama slaw and carrot green chimichurri
  $9.48

Wednesday, April 11, 2018

BREAKFAST
- sensible breakfast: egg and cheese whole wheat
  $2.29
- self-serve breakfast items: scrambled eggs and breakfast meats
  vary
- hot breakfast cereal and grits
  $1.50 / $2.00 / $2.50
LUNCH
- soup of the day: curried rice and lentil
  $2.80 / $3.80 / $4.80
- butcher & baker: carved asian flank steak sandwich
  $7.50
- entrée: superfood herbs & spices- chicken coconut curry
  $6.48
- sensible selection grill: chicken pesto sandwich
  $6.48
- create: revolution noodle
  $8.48

Thursday, April 12, 2018

BREAKFAST
- sensible breakfast: egg and cheese whole wheat
  $2.29
- self-serve breakfast items: scrambled eggs and breakfast meats
  vary
- hot breakfast cereal and grits
  $1.50 / $2.00 / $2.50
LUNCH
- soup of the day: vegetable beef barley
  $2.80 / $3.80 / $4.80
- butcher & baker: carved asian flank steak sandwich
  $7.50
- entrée: superfood herbs & spices- braised sicilian chicken stew
  $8.48
- sensible selection grill: chicken pesto sandwich
  $6.48
- create: thai pineapple chicken curry
  $10.48

Friday, April 13, 2018

BREAKFAST
- sensible breakfast: egg and cheese whole wheat
  $2.29
- self-serve breakfast items: scrambled eggs and breakfast meats
  vary
- hot breakfast cereal and grits
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LUNCH
- soup of the day: vegetable minestrone
  $2.80 / $3.80 / $4.80
- butcher & baker: carved asian flank steak sandwich
  $7.50
- entrée: baked fish vera cruz
  $8.48
- sensible selection grill: chicken pesto sandwich
  $5.99
- create: superfood herbs & spices- lemon herb salmon with kale salad
  $12.48

cafe 31
au bon pain

create
crisp
grilled
THE BUBLY
ON THE GO

THIS WEEK’S CHEF TABLE

thai pineapple chicken

$10.48

CHEF TABLES with chef oscar
thursdays in 31

MONTHLY PROMOTIONS

my caps off to you

2 for $3
or $1.25 each

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OTHER FEATURES

THAI PINEAPPLE CHICKEN CURRY

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thursdays in 31

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cafe phone number: (301) 496-6130
food service director: Alayna Santiago / alayna.santiago@compass-usa.com
executive chef: Oscar Montesinos / oscar.montesinos@compass-usa.com
weekday hours: 6:30am-2:30pm, Monday-Friday