<table>
<thead>
<tr>
<th>Date</th>
<th>Menu Items</th>
</tr>
</thead>
</table>
| Monday, June 11, 2018 | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin $2.39  
  ALL DAY  
  sensible selection salad: red beet and orange composed salad $0.47/oz  
  soup of the day: garden vegetable $2.89/$3.80/$4.89  
  LUNCH  
  so deli: southwestern ham club $6.49  
  create: earth bowl featuring grilled salmon $12.69  
  flexitarian entrée: penne pasta with asparagus and plum tomato $6.69  
  super $6 meal deal: half sandwich and small soup $6.00  
  DINNER  
  live grill: turkey burger florentine $5.25  
  entree: turkey meatloaf $0.47/oz |
| Tuesday, June 12, 2018 | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin $2.39  
  ALL DAY  
  sensible selection salad: quinoa tabouleh composed salad $0.47/oz  
  soup of the day: tomato basil bisque $2.89/$3.80/$4.89  
  LUNCH  
  so deli: hummus, spinach and feta veggie wrap $6.49  
  create: pho $6.89  
  fit entree: smoky chili-crusted chicken $7.69  
  super $6 meal deal: half sandwich and small soup $6.00  
  DINNER  
  live grill: angus burger $5.99  
  entree: carved sage turkey $0.47/oz |
| Wednesday, June 13, 2018 | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin $2.39  
  ALL DAY  
  sensible selection salad: crispy baked tofu $0.47/oz  
  soup of the day: chicken noodle $2.89 / $3.80 / $4.89  
  LUNCH  
  so deli: buffalo chicken sandwich $6.49  
  chef table: artic char with strawberry balsamic vinagrette $12.69  
  entree: wing wednesday at balance kitchen $0.47/oz  
  super $6 meal deal: chicken parmesan sandwich from the deli $6.00  
  DINNER  
  live grill: grilled fish of the day made to order $5.99  
  entree: baked potato bar $0.47/oz |
| Thursday, June 14, 2018 | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin $2.39  
  ALL DAY  
  sensible selection salad: house made lemon vinagrette $0.47/oz  
  soup of the day: pasta fagoli $2.89 / $3.80 / $4.89  
  LUNCH  
  deli: sage roasted carved turkey sandwich $6.49  
  entree: southwest turkey meatloaf $8.69  
  super $6 meal deal: chicken parmesan sandwich from the deli $6.00  
  DINNER  
  live grill: chicken breast grilled to order $5.99  
  create: masala $0.47/oz |
| Friday, June 15, 2018 | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin $2.39  
  ALL DAY  
  sensible selection salad: apple fiamo composed salad $0.47/oz  
  soup of the day: tomato basil $2.89 / $3.80 / $4.89  
  LUNCH  
  deli carvery: sage roasted turkey $6.49  
  create: bahn mi $9.69  
  entree: fish friday at balance kitchen $8.69  
  super $6 half sandwich and small soup $6.00  
  DINNER  
  live grill: grilled shrimp caesar salad to order $10.69  
  create: masala $8.69 |
Featuring a selection of Au Bon Pain Signature

**Imperfectly Delicious Produce**

is a program that utilizes non-'retail' Grade A fruits and vegetables that have slight cosmetic imperfections. This produce is typically left un-harvested in the field or discarded but it would be perfectly suitable for cooking.

The IDP program allows Compass chefs to find a home for everything that is good and edible and save thousands of pounds per year from going to waste.

---

**Saturday, June 16, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am-8:00pm</td>
<td>all day waffle bar</td>
<td>herb roasted chicken</td>
<td>philly cheesesteak on artisan sub roll</td>
</tr>
<tr>
<td>10:00am-2:00pm</td>
<td>self serve salad bar: buffalo chicken salad</td>
<td>self serve bar: pasta bar</td>
<td>bacon cheeseburger with steak fries</td>
</tr>
</tbody>
</table>

---

**Sunday, June 17, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am-8:00pm</td>
<td>all day waffle bar</td>
<td>chef's choice</td>
<td>bacon cheeseburger with steak fries</td>
</tr>
<tr>
<td>10:00am-2:00pm</td>
<td>self serve bar: pasta bar</td>
<td>self serve bar: pasta bar</td>
<td>bacon cheeseburger with steak fries</td>
</tr>
</tbody>
</table>

---

**Café Phone Number:** (301) 496-9698

**Executive Chef:** Alex Hernandez / alexander.hernandez@compass-usa.com

**Sous Chef:** Roderick Snipes / roderick.snipes@compass-usa.com

**Weekday Hours:** 6:30am-8:00pm, Monday-Friday

**Weekend Hours:** 8:00am-6:00pm, Saturday & Sunday

---

**Savina Says**

“**You can fill half your plate with veggies by choosing two vegetable sides.**”

Savina Sparker M.B.A, R.D. L.D

Eurest Wellness Manager & Registered Dietitian

---

**This Month’s Superfood is: Berries**

Berries are bursting with nutrients and phytochemicals that are thought to help boost our immune system.

---

**Farm to Fork**

Connecting you to your food chain

Partnership with local farms