Monday, January 7, 2019

BREAKFAST
  sensible selection breakfast: egg white and spinach on wheat english muffin
  ALL DAY
  sensible selection salad: couscous salad with brussels and cranberries
  soup of the day: tomato basil bisque

LUNCH
  so deli: pastrami and pepperjack sandwich
  create: salmon earth bowl
  sensible entree: Spiced Tofu, Mango Sweet Chili Sauce
  fit grill: honey dijon grilled chicken sandwich

DINNER
  live grill: angus burger grilled to order
  entree: carved sage turkey

Tuesday, January 8, 2019

BREAKFAST
  sensible breakfast: egg and cheese on whole wheat english muffin
  ALL DAY
  sensible selection salad: couscous salad with brussels and cranberries
  soup of the day: tomato basil bisque

LUNCH
  so deli: roasted vegetable sub with hummus
  create: pho
  sensible entree: turkey mushroom meatloaf
  fit grill: honey dijon grilled chicken sandwich

DINNER
  live grill: angus burger
  entree: carved sage turkey

Wednesday, January 9, 2019

BREAKFAST
  sensible selection breakfast: egg white and spinach on wheat english muffin
  ALL DAY
  sensible selection salad: crispy baked tofu
  soup of the day: chicken noodle

LUNCH
  so deli: roast beef and cheddar on artisan roll
  superfoods chef's table: seared scallops served with beet orange arugula walnut salad
  entree: wing wednesday at balance kitchen

DINNER
  live grill: grilled fish of the day made to order
  entree: baked potato bar

Thursday, January 10, 2019

BREAKFAST
  sensible breakfast: egg and cheese on whole wheat english muffin
  ALL DAY
  sensible selection salad: house made citrus dressing
  soup of the day: pasta fagioli

LUNCH
  deli: sage roasted carved turkey sandwich
  create: taco salad supreme
  entree: chicken marsala with roasted garlic

DINNER
  live grill: chicken breast grilled to order
  create: masala

Friday, January 11, 2019

BREAKFAST
  sensible breakfast: egg and cheese on whole wheat english muffin
  ALL DAY
  sensible selection salad: com tabbouleh composed salad
  soup of the day: tomato basil

LUNCH
  deli: carving: sage roasted turkey
  create: bahn mi
  entree: fish market friday at balance kitchen

DINNER
  live grill: grilled shrimp caesar salad to order
  create: baked fish florentine

weekday hours: 6:30am-8:00pm, Monday-Friday
weekend hours: 8:00am-6:00pm, Saturday & Sunday

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