### ALWAYS AVAILABLE

**crisp**

Build a better, smarter salad! Build your own using fresh, seasonal familiar items or enjoy one of our signature salads. We are on a mission to enhance lives by creating from-scratch foods alive with flavor and nutrition, using wholesome ingredients that are harvested in a socially responsible way for the well being of our customers, team members and the environment.

**grilled**

The “fast casual” Grill features basic burgers and chicken sandwiches along with a variety of hot hand-held breakfast and lunch items. Our chefs focus on seasonality to add a rotation of grilled specialties featuring fresh ingredients and flavor.

**create**

Create is an exhibition-style culinary experience. Customize your meal while it’s created right in front of you! Our team embraces culinary diversity to prepare a variety of cuisines that highlight ethnicity, seasonality and creativity.

**SO DELI**

We feature seasonal sandwiches that incorporate whole grain breads, fresh seasonal produce and lean roasted meats. Offering a daily selection of artisan and made-to-order sandwiches.

**JACK & OLIVE**

For appetites on the run, choose from a daily selection of fresh packaged salads, sandwiches and wraps as well as a variety of artisan, better-for-you snacks.

**Sushi made fresh daily by our in-house sushi chefs.**

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### BALANCE KITCHEN

#### Daily Features

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
<th>Price</th>
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</table>
| **Monday, September 24, 2018** | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin  
  **ALL DAY**  
  sensible selection salad: curried carrot composed salad  
  soup of the day: garden vegetable  
  **LUNCH**  
  so deli: crispy buffalo sandwich  
  create: pasta bar  
  flexitarian entrée: stuffed portobello  
  fit grill: honey dijon grilled chicken sandwich on whole wheat bun  
  **DINNER**  
  live grill: fish of the day grilled to order  
  entrée: turkey meatloaf | $2.39  
  $0.47/oz  
  $2.89/$3.80/$4.89  
  $6.49  
  $9.69  
  $6.69  
  $5.99  
  $5.99  
  $7.69 |
| **Tuesday, September 25, 2018** | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin  
  **ALL DAY**  
  sensible selection salad: quinoa fruit composed salad  
  soup of the day: tomato basil bisque  
  **LUNCH**  
  so deli: classic caprese  
  create: pho  
  fit entrée: chipotle bbq chicken  
  super $6 meal deal: half sandwich and small soup  
  **DINNER**  
  live grill: angus burger  
  entrée: carved sage turkey | $2.39  
  $0.47/oz  
  $2.89/$3.80/$4.89  
  $6.49  
  $8.69  
  $7.69  
  $6.00  
  $5.99  
  $0.47/oz |
| **Wednesday, September 26, 2018** | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin  
  **ALL DAY**  
  sensible selection salad: crispy baked tofu  
  soup of the day: chicken noodle  
  **LUNCH**  
  so deli: turkey club with chipotle mayo  
  **CHEF’S TABLE FEATURING OKTOBERFEST!**  
  entrée: wing wednesday at balance kitchen  
  super $6 meal deal: half sandwich and small soup  
  **DINNER**  
  live grill: grilled fish of the day made to order  
  entrée: baked potato bar | $2.39  
  $0.47/oz  
  $2.89 / $3.80 / $4.89  
  $6.49  
  $12.69  
  $0.47/oz  
  $6.00  
  $5.99  
  $0.47/oz |
| **Thursday, September 27, 2018** | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin  
  **ALL DAY**  
  sensible selection salad: house made cider vinagrette  
  soup of the day: pasta fagoli  
  **LUNCH**  
  deli: sage roasted carved turkey sandwich  
  entrée: roast pork loin  
  fit grill: honey dijon grilled chicken on whole wheat bun  
  super $6 meal deal: half sandwich and small soup  
  **DINNER**  
  live grill: chicken breast grilled to order  
  create: masala | $2.39  
  $0.47/oz  
  $2.89 / $3.80 / $4.89  
  $6.49  
  $8.69  
  $5.99  
  $6.00  
  $5.99  
  $0.47/oz |
| **Friday, September 28, 2018** | **BREAKFAST**  
  sensible breakfast: egg and cheese on whole wheat english muffin  
  **ALL DAY**  
  sensible selection salad: marinated mushrooms composed salad  
  soup of the day: tomato basil  
  **LUNCH**  
  deli carvery: sage roasted turkey  
  create: bahn mi  
  entrée: fish friday at balance kitchen  
  super $6 half sandwich and small soup  
  **DINNER**  
  live grill: grilled shrimp caesar salad to order | $2.39  
  $0.47/oz  
  $2.89 / $3.80 / $4.89  
  $6.49  
  $9.69  
  $8.69  
  $6.00  
  $10.69  
  $8.69 |
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.