

FEBRUARY IS AN AMERICAN HEART MONTH

Make Small Changes for the Heart

SHARE YOUR PLEDGE FOR SMALL CHANGES FOR THE HEART IN YOUR CAFÉ ALL MONTH LONG!

On February 3rd, the American Heart Association and the National Heart, Lung, and Blood Institute (NHLBI) celebrate **National Wear Red Day®** to bring attention to the number one killer of women – Heart Disease. Despite the fact that heart disease kills more women than the next four causes of death combined, most women still think of it as a man's disease. This misperception leads many of us not to take the steps we need to keep ourselves healthy.



ALWAYS AVAILABLE



Build a better, smarter salad! Build your own using fresh, seasonal items or enjoy one of our composed salads. We are on a mission to use wholesome ingredients that are harvested in a socially responsible way for the well being of our customers, team members and the environment.



Casual, convenient and appetizing made-to-order burritos, bowls and salads to satisfy your hunger for authentic Tex-Mex.



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.



Simplicity at its finest, incorporating modern flavors & styles with hints of tradition, 2.mato features classic Italian favorites like handmade pizza and assorted pasta dishes as well as items that highlight fresh, local ingredients.

Monday, February 13, 2017

BREAKFAST

| | |
|--|--------------------------|
| sensible breakfast: egg and cheese on whole wheat english muffin | \$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 |
| sensible selection deli: caprese baguette | \$7.41 |
| create: pasta primavera | \$7.48 |
| chef jet: thai pineapple shrimp fried rice | \$8.48 |
| 2mato: sicilian calzone | \$4.99 |
| sensible selection salad: cucumber with tomato and onion salad | \$0.45/oz |

Tuesday, February 14, 2017

BREAKFAST

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|--|--------------------------|
| sensible breakfast: egg and cheese on whole wheat english muffin | \$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 soup | \$2.80 / \$3.80 / \$4.80 |
| so deli: turkey club with cheddar cheese | \$7.41 |
| chef table: baked pork loin with apple-cranberry chutney | \$12.48 |
| chef jet: sweet and sour pineapple pork | \$8.48 |
| 2mato: spinach and mushrooms calzone | \$4.99 |
| sensible selection salad: grilled tofu | \$0.45/oz |

Wednesday, February 15, 2017

BREAKFAST

| | |
|--|--------------------------|
| sensible breakfast: egg and cheese on whole wheat english muffin | \$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: italian wedding | \$2.80 / \$3.80 / \$4.80 |
| so deli: southwestern ham telera | \$7.41 |
| create: masala featuring tikka chicken and coconut curry tilapia | \$8.48 |
| chef jet: asian chicken with sweet and sour sauce | \$8.48 |
| 2mato: italian market calzone | \$4.99 |
| sensible selection salad: brown rice salad | \$0.45/oz |



A fast, fresh and flavorful quick serve concept based on modern Asian cuisine. This concept features rice and noodles, lean meats marinated in spicy and savory sauces and crisp, fresh vegetables topped with tangy seasonings.

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.



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

au bon pain

Featuring a selection of Au Bon Pain Signature



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



Thursday, February 16, 2017

BREAKFAST

| | |
|--|--------------------------|
| sensible breakfast: egg and cheese on whole wheat english muffin | \$2.29 |
| self-serve breakfast items: scrambled eggs and breakfast meats | vary |
| hot breakfast cereal and grits | \$1.50 / \$2.00 / \$2.50 |

LUNCH

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|---|--------------------------|
| soup of the day: old fashioned chicken noodle soup | \$2.80 / \$3.80 / \$4.80 |
| so deli: turkey caesar sandwich | \$7.41 |
| create: pho | \$8.48 |
| chef jet: black bean beef | \$8.48 |
| 2mato: chipotle philly cheese steak calzone | \$4.99 |
| sensible selection salad: marinated beets with dill | \$0.45/oz |

Friday, February 17, 2017

BREAKFAST

| | |
|--|--------------------------|
| sensible breakfast: egg and cheese on whole wheat english muffin | \$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: clam chowder | \$2.80 / \$3.80 / \$4.80 |
| so deli: roast beef and dijon sub | \$7.41 |
| create: nigerian stew over rice and plantains | \$8.48 |
| chef jet: thai curry vegetable and tofu | \$8.48 |
| 2mato: meat lovers stromboli | \$4.99 |
| sensible selection salad: cucumber with tomato and onion salad | \$0.45/oz |

café phone number:(301)496-2929

food service director: coleman manning/coleman.manning@compass-usa.com

executive chef: nestor nacipucha / nestor.nacipucha@compass-usa.com

weekday hours: 6:30am-3:00pm, Monday-Friday

RESCUING FLAVOR & QUALITY.



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.