

## FEBRUARY IS 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.

### au bon pain

Featuring a selection of Au Bon Pain Signature



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.



Home-style cooking and traditional flavors with regional and seasonal favorites. With endless options and a rotating menu of comfort classics for a taste of "home away from home".

Monday, February 13, 2017

#### BREAKFAST

sensible breakfast: egg white vegetable sandwich on 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 \$2.80 / \$3.80 / \$4.80  
so deli: caesar wrap \$6.48  
entrée: curried vegetable pot pie \$8.48  
sensible selection grill: honey dijon grilled chicken on whole wheat bun \$4.99  
live grill: grilled chicken sandwich \$5.99  
create: chicken alfredo \$8.48

Tuesday, February 14, 2017

#### BREAKFAST

sensible breakfast: egg white vegetable sandwich on 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: chicken florentine \$2.80 / \$3.80 / \$4.80  
so deli: caesar wrap \$6.48  
entrée: pesto grilled chicken \$8.48  
sensible selection grill: honey dijon grilled chicken on whole wheat bun \$4.99  
live grill: grilled chicken sandwich \$5.99  
create: chicken burrito \$8.48

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: chicken gumbo \$2.80 / \$3.80 / \$4.80  
so deli: caesar wrap \$6.48  
entrée: chicken makhani \$8.48  
sensible selection grill: honey dijon grilled chicken on whole wheat bun \$4.99  
live grill: grilled chicken sandwich \$5.99  
create: revolution noodle \$8.48

# 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.



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

## 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.

## 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.



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



Thursday, February 16, 2017

### BREAKFAST

sensible breakfast: egg white vegetable sandwich on 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: mushroom bisque	\$2.80 / \$3.80 / \$4.80
so deli: caesar wrap	\$6.48
entrée: turkey meatloaf	\$8.48
sensible selection grill: honey dijon grilled chicken on whole wheat bun	\$4.99
live grill: grilled chicken sandwich	\$5.99
create: baja-style salmon tacos	\$12.48

Friday, February 17, 2017

### BREAKFAST

sensible breakfast: egg white vegetable sandwich on 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: caesar wrap	\$6.48
entrée: creole fish fillet	\$8.48
sensible selection grill: honey dijon grilled chicken on whole wheat bun	\$4.99
live grill: grilled chicken sandwich	\$5.99
create: lomo salteado peruvian style	\$9.48

café 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



**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.