February is American Heart Month
#MoveWithHeart

look for the “sensible selection” logo or “savina says” icon to identify better-for-you meals & snacks and wellness tips from Savina, our on-site dietitian!

**ALWAYS AVAILABLE**

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin  $2.29
- sensible selection salad: quinoa tabouleh composed salad  ALL DAY  $0.45/oz
- soup of the day: garden vegetable  LUNCH  $2.80/$3.80/$4.80
- so deli: vegetable wrap with hummus  create: stir fry  $6.48
- flexible entrée: asparagus and kale curry  $7.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- dinner: turkey burger florentine  entrée: turkey meatloaf  $5.99

**LUNCH**
- sensible breakfast: egg and cheese on whole wheat english muffin  ALL DAY  $2.29
- sensible selection salad: crispy baked tofu  ALL DAY  $0.45/oz
- soup of the day: tomato basil bisque  LUNCH  $2.80/$3.80/$4.80
- so deli: southwest ham ciabatta sandwich  create: pho  $6.48
- sensitive entrée: smoky chili crusted chicken  $7.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- live grill: angus burger  $5.99

**DINNER**
- sensible breakfast: egg and cheese on whole wheat english muffin  ALL DAY  $2.29
- sensible selection salad: house made spinach-pesto dressing  ALL DAY  $0.45/oz
- soup of the day: pasta fagoli  LUNCH  $2.80/$3.80/$4.80
- deli: sage roasted carved turkey sandwich  create: zatar  $6.48
- entrée: southwestern turkey loaf  create: masala  $9.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- live grill: chicken breast grilled to order  create: masala  $5.99

**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.

**MONDAY, FEBRUARY 05, 2018**

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin  ALL DAY  $2.29
- sensible selection salad: quinoa tabouleh composed salad  ALL DAY  $0.45/oz
- soup of the day: garden vegetable  LUNCH  $2.80/$3.80/$4.80
- so deli: vegetable wrap with hummus  create: stir fry  $6.48
- flexible entrée: asparagus and kale curry  $7.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- dinner: turkey burger florentine  entrée: turkey meatloaf  $5.99

**TUESDAY, FEBRUARY 06, 2018**

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin  ALL DAY  $2.29
- sensible selection salad: crispy baked tofu  ALL DAY  $0.45/oz
- soup of the day: tomato basil bisque  LUNCH  $2.80/$3.80/$4.80
- so deli: southwest ham ciabatta sandwich  create: pho  $6.48
- sensitive entrée: smoky chili crusted chicken  $7.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- live grill: angus burger  $5.99

**WEDNESDAY, FEBRUARY 07, 2018**

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin  ALL DAY  $2.29
- sensible selection salad: crispy baked tofu  ALL DAY  $0.45/oz
- soup of the day: chicken noodle  LUNCH  $2.80/$3.80/$4.80
- so deli: buffalo chicken sandwich  chefs table: earth bowl  $6.48
- entrée: wing wednesday at balance kitchen  create: pho  $12.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- live grill: grilled fish of the day made to order  entrée: baked potato bar  $5.99

**THURSDAY, FEBRUARY 08, 2018**

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin  ALL DAY  $2.29
- sensible selection salad: house made spinach-pesto dressing  ALL DAY  $0.45/oz
- soup of the day: pasta fagoli  LUNCH  $2.80/$3.80/$4.80
- deli: sage roasted carved turkey sandwich  create: zatar  $6.48
- entrée: southwestern turkey loaf  create: masala  $9.48
- super $6 meal deal: chicken parmesan sandwich from the deli  $6.00
- live grill: chicken breast grilled to order  create: masala  $5.99
### Friday, February 09, 2018

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin $2.29

**ALL DAY**
- sensible selection salad: red beet and orange composed salad $0.45/oz
- soup of the day: tomato basil $2.80 / $3.90 / $4.80

**LUNCH**
- deli carvery: sage roasted turkey $5.99
- Wear Red Day: create: spicy salmon fish tacos $11.48
- Wear Red Day: sesame crusted chicken with sweet and sour red pepper sauce $8.48
- Super $6 meal deal: chicken parmesan sandwich from the deli $6.00

**DINNER**
- live grill: grilled shrimp caesar salad to order $10.48

### Saturday, February 10, 2018

**BREAKFAST**
- all day waffle bar $3.99

**LUNCH**
- entrée: herb roasted chicken $8.48
- self serve salad bar: buffalo chicken salad $0.45/oz

**DINNER**
- grill: philly cheesesteak on artisan sub roll $5.99

### Sunday, February 11, 2018

**BREAKFAST**
- all day waffle bar $3.99

**LUNCH**
- entrée: chef’s choice $8.48
- self serve bar: pasta bar $0.45/oz

**DINNER**
- grill: bacon cheeseburger with steak fries $8.48