
















SEPTEMBER
8-12

HELIXCAFE

HOURS 8:00am – 2:00pm



	M	T	W	TH	F
BREAKFAST	  Egg & Avocado Breakfast Sandwich \$6.10	   South of the Border Omelet \$6.10	   The Cheesy Mushroom Omelet \$6.10	Grab & Go \$6.05	   Loaded Veggie Omelet \$6.10
ENTREE	Gorgonzola Chicken Gorgonzola crusted chicken, mushroom quinoa, mixed vegetables \$8.50	Fajita Bowl steak, rice, onions, peppers, beans, tortilla \$8.50	Cowboy Flank Steak grilled flank steak, cowboy butter roasted potatoes, vegetables \$8.50	Grab & Go \$6.05	Lemon Butter Cod Lemon butter cod, rice pilaf, mixed vegetable \$8.50
GRILL	Mac & Cheese Burger beef burger, mac & cheese, cheddar sauce \$8.50	Monte Cristo Ham, turkey, swiss, on french toast \$8.50	 Grilled Steak Sandwich Grilled steak with balsamic, caramelized onions, spinach, tomato \$6.10	Grab & Go \$6.05	Chicken Pita Grilled chicken, red onion, tomato, tzatziki, pita \$8.50
DELI	Italian Combo Ham, capicola, provolone, mixed peppers, lettuce, tomato \$7.70	  Falafel Wrap falafel, red onion, cucumbers, spinach, tzatziki \$6.10	 Vegetarian Flatbread Tomato, peppers, onion, spinach, sauce, cheese \$7.70	Grab & Go \$6.05	Carved Turkey BLTA Carved turkey, bacon, avocado, lettuce, tomato \$7.70

Café Manager: Daniel Gracia
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Visit us online at:
<https://jax-farmington.corporate-dining.com/dining-location/helix-cafe/>



Not Made with Gluten



Vegetarian



Vegan



BeWell