

OCT 19-
23RD

HELIX CAFE



HOURS 8:00am – 2:00pm

Im po					
	M	T	W	TH	F
BREAKFAST	  Egg & Avocado Breakfast Sandwich \$6.30	  The Cheesy Mushroom Omelet \$6.30	   Egg White & Tomato English Muffin \$6.30	  South of the Border Omelet \$6.30	   Loaded Veggie Omelet \$6.30
ENTREE	 Lemon Pepper Chicken With Roasted Vegetable and Buttered Gluten Free Pasta \$8.65	Teriyaki Glazed Chicken With Vegetable Fried Rice and egg roll \$8.65	Lazy Man's Lasagna With Ground Beef Three Kinds Of Cheese and Roast Vegetable \$8.65	Beef Burrito Bowl With Mexican Rice and Your Favorite Toppings \$8.65	Grilled Flank Steak With Mushroom gravy, Potatoes and side of Vegetable \$8.65
HOT BAR		Chef's Salad Bar Small \$4.70 Large: \$8.65	Nacho Bar With Beef and Vegetable Chili's Small \$4.70 Large: \$8.65	Classic Wing Bar Three Kinds! Small: \$4.70 Large: \$8.65	
GRILL	Swiss Turkey Melt Fresh Turkey and Tomato With Swiss Cheese on Thick Sliced Bread \$8.65	Portobello Burger pepperjack cheese, With lettuce and tomato on Ciabatta  \$6.30	Loaded Meatball Sub Meatballs with Marinara, roast red Peppers and Onions \$8.65	Cajun Turkey Burger Spicy Grilled Turkey Burger with lettuce tomato, cheese \$8.65	 BBQ Veggeburger lettuce, tomato, cheddar, on Broiche \$8.65
DELI	BBQ Cheddar Beef Wrap With Lettuce Tomato and Grilled Onion \$8.00	Chicken Cheddar Wrap Melt chicken, cheddar, lettuce, Dijon and Tomato \$8.00	Thanksgiving Melt Sliced Turkey and Cranberry stuffing with cheddar and cranberry Mayo on sourdough \$8.00	French Chicken Wrap Ham, chicken and Swiss on a wrap with lettuce, and Dijonase mayo \$8.00	Chicken Caprese Croissant fresh mozzarella tomato, and pesto on croissant \$8.00

"Café Manager: Brett Belanger

brett.belanger@corporatechefs.com

Menu items denoted with an asterisk (*) are cooked to order and may be served raw or undercooked.
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Before placing an order, please inform your server if a person in your party has a food allergy