

**AUGUST
24-28TH**

HELIX CAFE



HOURS 8:00am – 2:00pm

	M	T	W	TH	F
Im po			slaw		
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	Grilled Spinach Parmesan Chicken <i>With Roast Potato and Fresh Steamed Vegetables</i> \$8.65	Beef Burrito Bowl <i>With Seasoned Beans and Spanish Rice and Your Favorite Toppings</i> \$8.65	Marinated BBQ Chicken Tips <i>Fresh Onions and Peppers With Whole Grain Rice</i> \$8.65	Curried Chicken <i>With Curried Lentil and Rice Medley and Fresh Vegetable</i> \$8.65	Classic Fish and Chips <i>With Fresh Grilled Vegetables and Cole and Fresh Roll</i> \$8.65
HOT BAR	Breakfast Special Strawberry Belgian Waffles and Bacon and Whipped Cream \$5.95	Ice Cream Bar Vanilla and Chocolate Ice Cream With Hot Fudge, Caramel with Candy Toppers Small \$3.50 Large: \$6.50	Gold Finger Salad Bar <i>With fresh cut vegetables and crispy toppers And House made BBQ Honey Mustard Dressing</i> Small \$4.20 Large \$7.80	Outdoor Cookout With BBQ Chicken Bratwurst Subs and Beyond Burgers Choice Of Potato, Cole Slaw, Tomato and Cheese or Pasta Salad \$8.65	
GRILL	House Made Fishcake Sandwich <i>With Lettuce and Tomato With pickle spear and Tartar Sauce</i> \$8.65	Ham and Cheddar Melt <i>On Buttered Thick Cut Sourdough With Tomato</i> \$8.65	Chicken Parmesan Sandwich <i>On Ciabatta with Marinara and Cheese</i> \$8.65	Vegetable Quesadilla <i>With Fresh Roast Vegetables, Peppers and Onions and Cheese</i> \$8.65	Steak Bomb Sub <i>With Fresh Pepperoni Peppers and Onions and Choice Of Cheese</i> \$8.65
DELI	Apple Raisin Chicken Salad <i>On Fresh Ciabatta With Lettuce and Tomato</i> \$8.00	Pastrami Wrap <i>With Cheddar, Tomato, Lettuce and Spicy Brown Mustard</i> \$8.00	Buffalo Chicken Wrap <i>With blue cheese, tomato and onion Lettuce</i> \$8.00	Sweet Chili Roast Tofu Sandwich <i>With Baby Spinach and tomato on wheat bread</i> \$6.30	Garden Tuna Wrap <i>With Fresh Roast Vegetables, Peppers and Onions and Choice Of Cheese</i> \$8.65

"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.