

APRIL 20TH-
24TH

HELIX CAFE



HOURS 8:00am – 2:00pm

Im po	M	T	W	TH	F
BREAKFAST	<p>Egg & Avocado Breakfast Sandwich \$6.30</p>	<p>The Cheesy Mushroom Omelet \$6.30</p>	<p>Egg White & Tomato English Muffin \$6.30</p>	<p>South of the Border Omelet \$6.30</p>	<p>Loaded Veggie Omelet \$6.30</p>
ENTREE	<p>Chicken Pesto With Garden Vegetable Medley and Rice Pilaf \$8.65</p>	<p>Tunisian Chickpea Stew spicy chickpeas & veggies stew, With spiced farro \$8.65</p>	<p>Earth Day Black Bean Chili With fresh vegetables over quinoa pilaf \$8.65</p>	<p>Burrito Bowl chicken or veggie, rice, black beans, salsa, sour cream, guacamole \$8.65</p>	<p>English Fried Pollack With Baked Apple and Sweet Potato \$8.65</p>
HOT BAR		<p>Baked Potato Bar With Vegetable Or Beef Chili and Your Favorite Toppings Works \$8.65</p>	<p>Free Range Quiche Bar Your Choice Of Chicken, Broccoli Lovers Quiche With Local Cheese \$8.65</p>	<p>Kabob Day Choice Of Vegetable Or Chicken Over Brown Rice \$8.65</p>	
GRILL	<p>The Italian Melt Ham, salami, pepperoni on scali bread with tomato and Fresh Mozzarella \$8.00</p>	<p>BBQ Chicken Chicken and cheddar With peppers & onions, on ciabatta \$8.00</p>	<p>Quinoa Mushroom Burger With lettuce and tomato brioche roll, marinated vegetable salad \$8.00</p>	<p>Shrimp Basket fried shrimp, french fries, and cole slaw \$8.00</p>	<p>Monte Cristo ham, turkey, swiss cheese, battered toast, syrup, side. \$8.00</p>
DELI	<p>The Gobbler Flatbread turkey, stuffing, cranberry mayo, tomato, baby spinach \$8.00</p>	<p>Chicken Flatbread Melt chicken, choice of cheese, romaine, and tomato \$8.00</p>	<p>Middle East Flatbread hummus, feta, olives, roasted red peppers, lettuce, tomato, pita \$6.30</p>	<p>Mexicana chicken, guacamole, sour cream, sauteed peppers & onions, ciabatta \$8.00</p>	<p>Egg Salad Wrap Fresh Egg Salad tomato, on fresh Wrap \$8.00</p>