

MONDAY

Yolk & Folk: banana chocolate chip pancake with a side of bacon or sausage	\$4.99
Soup Bowl: creamy tomato	\$3.48
Main Dish: baked mac and cheese with Korean style popcorn chicken or cucumber tofu salad	\$8.00
Char House: hot honey chicken sandwich – pickles, onion and tomato served with French fries	\$7.01
Heritage Deli: Buffalo chicken crunch wrap – Buffalo chicken, lettuce, tomato and bleu cheese	\$5.51
Salad Studio: Cobb salad – ham, bacon, hard boiled eggs and tomato with bleu cheese dressing	\$7.01
Panini: turkey bacon, mozzarella, avocado spread and arugula panini	\$8.00
Panini: avocado veggie panini with spinach, red pepper, onion, and provolone cheese (v)	\$8.00

TUESDAY

Yolk & Folk: Greek omelet – Kalamata olives, feta cheese, spinach and tomato	\$4.99
Soup Bowl: Italian wedding soup	\$3.48
Main Dish: garlic butter shrimp with cilantro lime rice and roasted Parmesan broccoli	\$8.00
Char House: chipotle black bean burger – lettuce, tomato and onion served with sweet fries (v)	\$7.01
Heritage Deli: Buffalo chicken crunch wrap – Buffalo chicken, lettuce, tomato and bleu cheese	\$5.51
Salad Studio: Cobb salad – ham, bacon, hard boiled eggs and tomato with bleu cheese dressing	\$7.01
Panini: turkey bacon, mozzarella, avocado spread and arugula panini	\$8.00
Panini: avocado veggie panini with spinach, red pepper, onion, and provolone cheese (v)	\$8.00

WEDNESDAY

Yolk & Folk: candied bacon, egg and cheese on a buttermilk biscuit	\$4.99
Soup Bowl: broccoli cheddar soup	\$3.48
Main Dish: baked chicken broccoli Alfredo pasta served with garlic bread	\$8.00
Char House: Caribbean jerk chicken sandwich with lettuce, tomato and onion served with French fries	\$7.01
Heritage Deli: Buffalo chicken crunch wrap – Buffalo chicken, lettuce, tomato and bleu cheese	\$5.51
Salad Studio: Cobb salad – ham, bacon, hard boiled eggs and tomato with bleu cheese dressing	\$7.01
Panini: turkey bacon, mozzarella, avocado spread and arugula panini	\$8.00
Panini: avocado veggie panini with spinach, red pepper, onion, and provolone cheese (v)	\$8.00

THURSDAY

Yolk & Folk: scrambled eggs with ham, onion, peppers and cheddar cheese	\$4.99
Soup Bowl: chicken noodle soup	\$3.48
Main Dish: chicken teriyaki chow mein with mix of vegetables	\$8.00
Char House: Greek turkey burger – lettuce, tomato, tzatziki and onion served with French fries	\$7.01
Heritage Deli: Buffalo chicken crunch wrap – Buffalo chicken, lettuce, tomato and bleu cheese	\$5.51
Salad Studio: Cobb salad – ham, bacon, hard boiled eggs and tomato with bleu cheese dressing	\$7.01
Panini: turkey bacon, mozzarella, avocado spread and arugula panini	\$8.00
Panini: avocado veggie panini with spinach, red pepper, onion, and provolone cheese (v)	\$8.00

FRIDAY

Yolk & Folk: blueberry pancake with a side of bacon or sausage	\$4.99
Soup Bowl: creamy mushroom soup	\$3.48
Char House: double cheeseburger with lettuce, tomato and onion served with French fries	\$7.01
Heritage Deli: Buffalo chicken crunch wrap – Buffalo chicken, lettuce, tomato and bleu cheese	\$5.51
Salad Studio: Cobb salad – ham, bacon, hard boiled eggs and tomato with bleu cheese dressing	\$7.01
Panini: turkey bacon, mozzarella, avocado spread and arugula panini	\$8.00
Panini: avocado veggie panini with spinach, red pepper, onion, and provolone cheese (v)	\$8.00