

globalfare

LUNCH

TODAY'S
FEATURE

SPICY KOREAN
CHICKEN

SPICY KOREAN CHICKEN

320 cal



KOREAN BAKED CHEESE CORN

260 cal



JASMINE RICE 110 cal



MARINATED VEGETABLES 160 cal



Pickled Onions
5 cal



Kimchi 25 cal

BeWell



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SESAME



SOY

**2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.**

globalfare

D I N N E R

TODAY'S
FEATURE

JERK CHICKEN

JERK CHICKEN

140 cal



ROASTED SWEET POTATOES

100 cal



STEWED OKRA 40 cal



MANGO CHUTNEY

60 cal



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classic KITCHEN

LUNCH

ROAST BEEF WITH AU JUS *200 cal*



DINNER ROLL *60 cal*



YUKON SMASHED POTATOES *140 cal*



GRAVY *30 cal*



ROASTED CARROTS *50 cal*



Chives *0 cal*



Shredded
Cheese *120 cal*



Sour Cream
45 cal



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CLASSIC KITCHEN

classic KITCHEN

D I N N E R

MEATBALLS *200 cal*



PORK

SPAGHETTI NOODLES *170 cal*



GARLIC BREADSTICK *110 cal*



ITALIAN GREEN BEANS *40 cal*



MARINARA SAUCE *30 cal*



Parmesan
Cheese *110 cal*



Red Pepper
Flakes *5 cal*



BeWell

VEGAN

VEGETARIAN

GLUTEN

WHEAT

MILK

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TREE NUTS

SHELLFISH

FISH

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SOY

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CLASSIC KITCHEN



LUNCH & DINNER

TODAY'S FEATURE

CRISPY FISH TACO

CRISPY FISH TACO

580 cal



SWEET POTATO FRIES

150 cal



TARTAR SAUCE 60 cal



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a-zone
ALLERGEN FRIENDLY

LUNCH

PULLED PORK *220 cal*


CRISPY TOFU *160 cal*
  

GARLIC ROASTED POTATOES *100 cal*
 

SAUTÉED ZUCCHINI & SQUASH *35 cal*
 



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a-zone
ALLERGEN FRIENDLY

D I N N E R

JERK CHICKEN *140 cal*


JERK TOFU *240 cal*
  

GRILLED PINEAPPLE & CILANTRO RICE
120 cal
 

STIR FRY VEGETABLES *40 cal*
 



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