

APRIL/MAY  
29TH-4TH






























# CASCO BAY

BREAKFAST HOURS: MONDAY – FRIDAY | 7:00 AM – 10:00AM

LUNCH HOURS: MONDAY – THURSDAY | 11:00AM – 2:00PM

LUNCH HOURS: FRIDAY | 11:00AM – 1:30PM

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

	<b>M</b> Blueberry Pie Day	<b>T</b> Oatmeal Cookie Day	<b>W</b>	<b>TH</b> Tuna Melt Day	<b>F</b>
<b>BEWELL BREAKFAST</b>	The Cheesy Mushroom Omelet \$5.50   	Asparagus Egg Frittata \$6.15  	Loaded Veggie Omelet \$5.50   	Southern Breakfast Omelet \$5.50  	Greek Style Omelet \$5.50   
<b>BEWELL EXHIBITION</b>	Caribbean Cobb Salad Jerk chicken or tofu with coconut curry dressing, melon pico de gallo and black bean hummus \$7.44  	Beef & Broccoli Stir Fry Beef or tofu with broccoli, onions, water chestnuts, mushrooms, and low sodium sesame ginger soy over brown rice \$7.44 	Not Your Average Tacos Two tacos topped with cashew chipotle crema, cabbage, black beans, corn salsa, and pickled red onion with lime \$7.44   	Spicy Mango Sushi Bowl Mangos with lime, jalapeno, cucumbers, vegan slaw, chili peppers and pickled ginger over rice with nori sheets, pepita sauce and sesame seeds \$7.44  	Black & Bleu Salad Steak with tomatoes, mushrooms, red onions, and bleu cheese crumbles over lettuce drizzled with a balsamic vinaigrette dressing \$7.44 
<b>BEWELL DELI</b>	Asian Chicken & Quinoa Lettuce Wrap \$6.40 	Turkey Guacamole Melt \$6.40 	Avocado Toast \$6.40  	Turkey Guacamole Melt \$6.40 	Turkey, Swiss & Blueberry Sandwich \$6.40 
<b>DELI</b> Served with a side	Chicken & Sun-dried Tomato Panini \$7.44	Turkey Pesto Wrap \$7.44	Grilled Chicken Pizza Wrap \$7.44	Cosmopolitan Club \$7.44	Turkey & Ranch Pita \$7.44
<b>GRILL</b> Served with a side	Sausage Hoagie \$7.44	Steak Bomb Shaved steak, pepperoni, salami, onions, peppers, and provolone cheese on a grinder \$7.69	Mushroom Swiss Burger \$7.44	Tuna Melt \$7.44 	BBQ Bourbon Burger \$7.44

<b>CHEF'S HOT BAR</b> \$0.56/ounce	<b>Homestyle Classics</b> Chicken Pot Pie Steamed Broccoli Baked Sweet Potato Chef Dessert	<b>Gyro Bar</b> Gyro Meat Falafel Middle Eastern Style Rice Pita Bread Melon Pico Roasted Vegetables Tzatziki	<b>Southern Cuisine</b> Glazed Pit Ham Sweet Potato Baked Beans Grilled Vegetables Coleslaw Cornbread	<b>Stir Fry Day</b> Beef Stir Fry Vegetable Egg Rolls Vegetable Lo-Mein Fried Rice Stir Fry Vegetable	<b>Fresh and Peppy</b> Lemon Herbed Chicken Dirty Rice Creamed Spinach Roasted Cauliflower Lemon Cake

Please call our Café Manager 207-575-5419 for any inquiries | Visit us online at: [www.unum-Portland.corporatedining.com](http://www.unum-Portland.corporatedining.com)