





JULY
7TH-11TH

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

 Not Made with Gluten  Vegetarian  Vegan  BeWell



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

	M	T	W BYO Mac & Cheese	TH	F
BEWELL BREAKFAST	South of the Border Omelet \$5.50   	Asparagus Egg Frittata \$5.50  	Breakfast Apple Quinoa Bowl \$5.50   	Breakfast Rice Bowl \$5.50   	Pico Scrambled Eggs \$5.50   
BEWELL EXHIBITION	Avocado Smash Bowl <i>Includes Lettuce, Fresh Avocado, Onions, Roasted and Cherry Tomatoes</i> <i>Topped with a Lemon Dill Vinaigrette, Cilantro, Feta and a Fried Egg</i> \$7.50   	Black Bean & Corn Tacos <i>Two Corn Tortillas stuffed with Chili Black Beans, Corn Salsa, Cilantro and Lime Juice</i> \$7.50   	Balsamic Bruschetta Chicken <i>Chicken Breast Topped with Fresh Tomatoes and Basil over cooked Farro</i> <i>Drizzled with Balsamic Glaze</i> \$7.50 	Superfood Salad <i>Layered Quinoa, Romaine, and Kale topped with Edamame, Cucumbers, Red Onions, Roasted Red Peppers, and Golden Raisins</i> <i>Served with a Lemon Herb Vinaigrette</i> \$7.50   	Pineapple Tofu Fried Rice <i>Brown rice with Tofu, Pineapple, Cashews, Spinach and Shallots with Sesame Soy Sauce and Fish Sauce</i> <i>Garnished with Fresh Mint</i> \$7.50  
BEWELL DELI	Grilled Vegetable Wrap \$7.25  	Turkey Guacamole Melt \$7.25 	Turkey, Swiss & Blueberry Sandwich \$7.25 	Asian Chicken & Quinoa Lettuce Wrap \$7.25 	Chicken Lime Wrap \$7.25 
DELI Served with a side	Taco Salad Wrap \$7.44	Country Fried Tofu Sandwich \$7.44 	Southwest Chicken Wrap \$7.44	Aegean Chicken Wrap \$7.44	Tuscan Roast Beef Panini \$7.44
GRILL Served with a side	Hawaiian Burger \$7.44	BBQ Beast Melt \$7.44	Mushroom & Spinach Quesadilla \$7.44 	Mahi Mahi Sandwich \$7.44	Caprese Grilled Cheese \$7.44 
CHEF'S SHOWCASE \$7.99-\$11.99	Ramen Bowl \$7.99	Flank Steak Wellingtons \$7.99	Mac & Cheese Bar \$7.99	Tikka Masala Bar \$7.99	Risotto Bar \$7.99

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