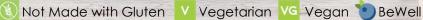
JULY 7TH-11TH

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











Before placing your order, please inform your server if a person in your party has a food allergy.					
	M	T	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 Includes Lettuce, Fresh Avocado, Onions, Roasted and Cherry Tomatoes Topped with a Lemon Dill Vinaigrette, Cilantro, Feta and a Fried Egg \$7.50	Black Bean & Corn Tacos Two Corn Tortillas stuffed with Chili Black Beans, Corn Salsa, Cilantro and Lime Juice \$7.50	Balsamic Bruschetta Chicken Chicken Breast Topped with Fresh Tomatoes and Basil over cooked Farro Drizzled with Balsamic Glaze \$7.50	Superfood Salad Layered Quinoa, Romaine, and Kale topped with Edamame, Cucumbers, Red Onions, Roasted Red Peppers, and Golden Raisins Served with a Lemon Herb Vinaigrette \$7.50	Pineapple Tofu Fried Rice Brown rice with Tofu, Pineapple, Cashews, Spinach and Shallots with Sesame Soy Sauce and Fish Sauce Garnished with Fresh Mint \$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 VG	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