

JUNE 30TH

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JULY 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

 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 Cupcake Day	T	W	TH	F July 4 th
BEWELL BREAKFAST	The Cheesy Mushroom Omelet \$5.50   	Apple Goat Cheese Almond Toast \$5.50  	Spinach Egg Bake \$5.50  	Root to Stalk Omelet \$5.50   	Corporate Chef's will be closed in Honor of July 4 th !
BEWELL SHOWCASE	Bean Burrito Bowl <i>Includes Pico de Gallo, Cheddar Cheese, Cilantro, Onions, and Cumin Spiced Beans</i> Served over Brown Rice \$7.50   	Southwestern Chicken Salad <i>Chopped Romaine topped with Chicken, Black Beans, and Red Peppers,</i> Tossed in a Creamy Chili Lime Dressing \$7.50  	Spinach & Shrimp Salad <i>Fresh Spinach tossed with Peas and Tomatoes, topped with Spiced Shrimp and a Zesty Lemon Chile Dressing</i> \$7.50  	Chicken & Shrimp Creole Bowl <i>Chicken and Shrimp simmered in a Spiced Creole Tomato Sauce with Bacon, Onions, and Peppers</i> Served over Brown Rice \$7.50   	Corporate Chef's will be closed in Honor of July 4 th !
BEWELL DELI	Grilled Vegetable Wrap \$7.25  	Turkey Guacamole Melt \$7.25 	Turkey, Swiss & Blueberry Sandwich \$7.25 	Chicken Apple Gyro \$7.25 	Corporate Chef's will be closed in Honor of July 4 th !
DELI Served with a side	Chicken Pesto Baguette \$7.44	Cosmopolitan Club Sandwich \$7.44	Italian Sub \$7.44	Taco Salad Wrap \$7.44	Corporate Chef's will be closed in Honor of July 4 th !
GRILL Served with a side	Tuna Panini Melt \$7.44	Chicken Reuben Sandwich \$7.44	Smoked Ham & Provolone Brioche Sandwich \$7.44	BBQ Pork Sandwich \$7.44	Corporate Chef's will be closed in Honor of July 4 th !
CHEF'S SHOWCASE	Fresh Summer Salad	Masala Grain Bowl	Fajita & Taco Bar	Hearty Italian Kitchen	Corporate Chef's will be closed in Honor of July 4 th !

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