

MARCH 30TH

APRIL 3RD

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

Baker's Highlight:

**Honeycomb
Caramel
Brownies**

Enjoy in the Café or
with PREPPED Take
Home Meals



Scan me for
Online Ordering!

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

Not Made with Gluten Vegetarian Vegan BeWell

	M	T	W	TH	F
BEWELL BREAKFAST	Mighty Mixed Berry Smoothie \$5.50 VG	Artichoke & Spinach Omelet \$5.50 V	No Oat Oatmeal \$5.50 V	Banana & Almond Butter Overnight Oats \$5.50 V	Quinoa Spinach & Mushroom Bowl \$5.50 V
BEWELL EXHIBITION	Black Bean & Sweet Potato Quesadilla \$7.50 V	Nutty Chicken Noodle Bowl \$7.50 	Caribbean Cobb Salad \$7.50 	Loaded Baked Potato \$7.50 	Shrimp Scampi \$7.50
BEWELL DELI	Curried Chicken Sandwich \$7.25 	Turkey Guacamole Melt \$7.25 	Strawberry & Almond Butter Sandwich \$7.25 V	Chicken Mango Jicama Wraps \$7.25 	Tuna Avocado Salad Lettuce Wrap \$7.25
DELI <small>Served with a side</small>	Beef & Cheddar Pita \$7.44	Turkey & Strawberry Wrap \$7.44	Southwest Chicken Wrap \$7.44	Tuscan Roast Beef Panini \$7.44	Caprese Sandwich \$7.44 V
GRILL <small>Served with a side</small>	Double Bacon Grilled Cheese Sandwich \$7.44	Fish Tacos \$7.44	Smokehouse BBQ Chicken Sandwich \$7.44	Chicken Reuben Sandwich \$7.44	Steak Quesadilla \$7.44

CHEF'S SHOWCASE \$7.99	Indian & Thai Curry Bar	Tacos ala Plancha	Cookbook Nook Feature: Fried Egg BLT Sandwich with a side of Locally Grown Fries <small>From: All-American Paleo Table by Caroline Potter</small> 	Dumpling Plate	Mussel Toss
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