

APRIL 27TH

MAY 1ST

CASCO BAY

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

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

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

Baker's Highlight:

**Biscoff
Cinnamon Rolls**

Enjoy in the Café or
with PREPPED Take
Home Meals



Scan me for
Online Ordering!

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 So Good! Feature	W	TH	F
BEWELL BREAKFAST	Chocolate Performance Muffin \$5.50 	Baked Cinnamon Chips w/ Chocolate Hummus \$5.50 	Carrot Cake Oatmeal Cup \$5.50 	Strawberry Banana Chia Smoothie \$5.50 	Mushroom, Potato & Kale Frittata \$5.50
BEWELL EXHIBITION	Red Pepper Chicken Sauté w/ Zucchini \$7.50 	 Swiss Chard Pasta Primavera \$7.50 	Ginger Soy Salmon w/ Grilled Asian Veggies \$7.50 	Spicy Chicken Linguini \$7.50 	Balsamic Bruschetta Chicken \$7.50
BEWELL DELI	Avocado Chickpea Lettuce Wrap \$7.25 	Turkey Guacamole Melt \$7.25 	Blackened Chicken Caesar Wrap \$7.25 	Asian Chicken & Quinoa Lettuce Wrap \$7.25 	Grilled Eggplant Portobello Sandwich \$7.25
DELI Served with a side	Italian Baguette \$7.44	Turkey, Bacon, & Avocado Sandwich \$7.44	Jalapeño Popper Grilled Cheese Sandwich \$7.44 	Pesto Caprese Sandwich \$7.44	Chicken Club Wrap \$7.44
GRILL Served with a side	Alabama Smoked Chicken Quesadilla \$7.44	Smoky Citrus Crunch Smash Burger \$7.44	Pesto Mozzarella Grilled Cheese \$7.44 	Hot Honey Chicken Sandwich \$7.44	Hawaiian Burger \$7.44
CHEF'S SHOWCASE	Ravioli Bar	Nacho Bar	Cookbook Nook Feature: Shredded Chicken Enchilada Guacamole Burgers From: All-American Paleo Table by Caroline Potter 	Poutine Bar	Seared Scallops