

**JUNE  
8TH-12TH**

# 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:*

**Lemon Rosemary  
Shortbread  
Cookie Totes**

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	W	TH	F
BEWELL BREAKFAST	<p>Chocolate Performance Muffin</p> <p><b>\$5.50</b></p>	<p>Baked Cinnamon Chips w/ Chocolate Hummus</p> <p><b>\$5.50</b></p>	<p>Carrot Cake Oatmeal Cup</p> <p><b>\$5.50</b></p>	<p>Strawberry Banana Chia Smoothie</p> <p><b>\$5.50</b></p>	<p>Mushroom, Potato &amp; Kale Frittata</p> <p><b>\$5.50</b></p>
BEWELL EXHIBITION	<p>Red Pepper Chicken Sauté w/ Zucchini</p> <p><b>\$7.50</b></p>	<p>Citrus Roasted Pork w/ Potatoes</p> <p><b>\$7.50</b></p>	<p>Ginger Soy Salmon w/ Grilled Asian Veggies</p> <p><b>\$7.50</b></p>	<p>Spicy Chicken Linguini</p> <p><b>\$7.50</b></p>	<p>Balsamic Bruschetta Chicken</p> <p><b>\$7.50</b></p>
BEWELL DELI	<p>Avocado Chickpea Lettuce Wrap</p> <p><b>\$7.25</b></p>	<p>Turkey Guacamole Melt</p> <p><b>\$7.25</b></p>	<p>Blackened Chicken Caesar Wrap</p> <p><b>\$7.25</b></p>	<p>Asian Chicken &amp; Quinoa Lettuce Wrap</p> <p><b>\$7.25</b></p>	<p>Grilled Eggplant Portobello Sandwich</p> <p><b>\$7.25</b></p>
DELI <i>Served with a side</i>	<p>Italian Baguette</p> <p><b>\$7.44</b></p>	<p>Turkey, Bacon, &amp; Avocado Sandwich</p> <p><b>\$7.44</b></p>	<p>Jalapeño Popper Grilled Cheese Sandwich</p> <p><b>\$7.44</b></p>	<p>Pesto Caprese Sandwich</p> <p><b>\$7.44</b></p>	<p>Chicken Club Wrap</p> <p><b>\$7.44</b></p>
GRILL <i>Served with a side</i>	<p>Alabama Smoked Chicken Quesadilla</p> <p><b>\$7.44</b></p>	<p>Smoky Citrus Crunch Smash Burger</p> <p><b>\$7.44</b></p>	<p>Pesto Mozzarella Grilled Cheese</p> <p><b>\$7.44</b></p>	<p>Hot Honey Chicken Sandwich</p> <p><b>\$7.44</b></p>	<p>Hawaiian Burger</p> <p><b>\$7.44</b></p>
CHEF'S SHOWCASE	Ravioli Bar	Nacho Bar	<p>Cookbook Nook Feature:</p> <p><b>Cuban Quesadillas w/ Smoked Ham &amp; Pickled Peppers</b></p> <p><i>From: Robin Takes 5 by Robin Miller</i></p>	Poutine Bar	Seared Scallops