

TUESDAY MENU

The Exchange • May 3, 2022

BREAKFAST BUFFET (8-9am)

Assorted Breakfast Breads *Glazed orange, banana, lemon poppy, fresh fruit medley bread bites*

Build Your Own Oatmeal Bar *with assorted fruits, nuts, and other toppings (Vegan)*

Fresh Bagels with Cream Cheese (Vegan options)

Fruit Yogurts with Granola (Vegan options)

Decaf and Regular Coffee, Tea, Hot Chocolate

Orange, Grapefruit, and Cranberry Juices

MORNING BREAK (10AM)

House-made Granola Bars & Whole Fruit

LUNCH BUFFET (12PM)

Field Greens Salad *with oven roasted tomato, gorgonzola (on the side), Marcona almonds, sweet basil vinaigrette (V | Vegan| GF)*

Cap City Balsamic Roasted Chicken (GF)

Pasta Primavera *with sautéed farmer vegetables, roasted garlic cream, aged goat cheese (V)*

Roasted Seasonal Vegetables (Vegan | GF)

Cracked Wheat Sourdough Bread

(Plated Vegan Option – must pre-order)

Barley Mushroom Risotto

Dessert: Assorted Cookies (vegan option)

AFTERNOON BREAK (3PM)

Chili Lime Roasted Peanuts & Peanut Butter Power Bites

BEVERAGES

Self-serve beverage station available throughout the day
includes decaf and regular coffee, tea, hot chocolate, soft beverages

Milk Options: 2 %, skim, and almond milk