

WEDNESDAY MENU

The Exchange • May 4, 2022

BREAKFAST BUFFET (8-9am)

Mini Croissants and Pain au Chocolat

Quinoa Fruit Salad *with strawberry, blueberry, mango, lime, mint*

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

English Muffins *whipped or vegan butter, raspberry preserves*

Winter Fruit Yogurt Parfait *with cherries, apricots, cinnamon roasted almonds, honey granola*

Vegan Vanilla Yogurt

Decaf and Regular Coffee, Tea, Hot Chocolate

Orange, Grapefruit, and Cranberry Juices

MORNING BREAK (9:45am)

Roasted Mixed Nuts & Fresh Fruit Skewers

LUNCH BUFFET (12pm)

Arcadian Greens Salad *marinated cucumber, tomato, onion, red wine vinaigrette* (Vegan | GF)

Roasted Turkey Carver *honey berry wheat bread, big eye swiss, sliced tomato, citrus aioli*

Chipotle Chicken Sandwich *with avocado, cilantro, queso fresco, focaccia bun*

Mediterranean Vegetable Wrap *hummus, feta cheese, romaine lettuce* (V)

*Loaded Veggie Café Sandwich *with whipped garlic hummus,*

sliced avocado, tomato, cucumber, roasted red pepper,

toasted focaccia (*Pre-plated Vegan – must pre-order)

Original Sea Salt Potato Chips & BBQ Chips

Dessert: Brownies, Seven Layer Bars, Vegan Cookies

AFTERNOON BREAK (3:30pm)

Popcorn (original, white cheddar, vanilla butternut)

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