



OCTOBER MENU

10/4 - 10/10

Bakery of the Week

CHOCOLATE CHUNK MUFFIN

A rich, soft chocolate muffin
with a sweet cocoa flavor.

10:30AM - 2:30PM

HOT HONEY CHICKEN MELT

Grilled chicken topped with
pepper jack, caramelized onions
& a drizzle of hot honey, served
on a warm brioche bun.

PUMPKIN HUMMUS SNACK PACK

Housemade pumpkin hummus
paired with bell peppers
& carrots.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and
ready to reheat. Great alone or as
an easy add-on to any meal.

10/11 - 10/17

Bakery of the Week

CRANBERRY ORANGE SCONE

A buttery scone with cranberries
and a hint of orange zest.

10:30AM - 2:30PM

BUTTERNUT SQUASH CHICKEN BOWL

Grilled chicken, wild rice, roasted
butternut squash, Brussels sprouts
& feta cheese.

BROCCOLI CRUNCH SALAD

Fresh broccoli, shredded carrots,
sliced onion, sunflower seeds
& raisins, tossed together
for a crisp, flavorful bite.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and
ready to reheat. Great alone or as
an easy add-on to any meal.

MONTHLY DRINKS

PUMPKIN SPICE LATTE

An October classic,
rich espresso, milk,
and housemade pumpkin
spice syrup

AUTUMN HAZE COLD BREW

Cold brew mixed with sweet
brown sugar, topped with
maple sweet cream.

PUMPKIN COCOA SMOOTHIE

Banana, pumpkin, cocoa
powder, milk, cinnamon,
and honey

10/18 - 10/24

Bakery of the Week

PUMPKIN BLONDIES

Soft spiced pumpkin blondies
with sweet white chocolate chunks.

10:30AM - 2:30PM

AUTUMN TORTELLINI SOUP

A rich, creamy soup with Italian
sausage, tortellini, sweet potatoes,
spinach, and herbs

WHIPPED FETA SNACK PACK

Creamy whipped feta drizzled
with honey, served with pita bread
& bell peppers for dipping.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and
ready to reheat. Great alone or as
an easy add-on to any meal.

10/25 - 10/31

Bakery of the Week

APPLE CINNAMON PECAN MUFFINS

A spiced muffin packed
with apples and pecans.

10:30AM - 2:30PM

STUFFED BELL PEPPERS

A bell pepper stuffed with rice
and seasoned beef, topped
with cheese and housemade
marinara sauce

DILL POTATO SALAD

Potatoes, fresh dill, cheddar
& onions tossed in a creamy
dressing for a classic favorite.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and
ready to reheat. Great alone or as
an easy add-on to any meal.