

Elements CAFÉ

July 26th – 30th 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 3.45/3.95	New England Clam Chowder Garden Vegetable*	Chicken Noodle Garden Vegetable*	Potato and Cheese Garden Vegetable*	Vegetable Beef Barley Garden Vegetable*	New England Clam Chowder Garden Vegetable*
Main Course .45/oz	Carne Asada Arroz con Pollo Platanos* Pinto Beans and Cilantro*	Tarragon Roasted Chicken Breast with Sauce Chassuer Baked Pollock Almondine Rice Pilaf* Potato Gratin*	Balsamic Glaze Flank Steak Caramelized Onions Slow Roasted Loin of Pork White Beans and Olives Butternut Squash * Creamy Mash Potatoes*	Dry Rubbed Pork Ribs Cayenne Buttermilk Fried Catfish Cajun Spiced Sweet Potato * Braised Collard Greens Smoked Bacon	Crispy Falafel with Tahini Dressing* Sautéed Calamari, Saffron Cubanelle Peppers Creamed Lentils* Steamed Golden Beets*
Action 6.00/6.50	Wheat / Plain Penne or Cheese Tortellini Chicken or Shrimp Garlic Alfredo, Marinara or Roasted Garlic Summer Squash, Red Pepper, Crimini Mushroom, Parmesan				
Flatbread Vegetarian 6.00 with Protein 6.50	Closed				
Vegetarian	Potato and Garbanzo Spicy onion and tomato sauce*	Vegetable Paella*	Wild Rice Pilaf with Local Grown Vegetables*	Eggplant Caponata*	Broccoli Rabe with Roasted Garlic*
Smokehouse 7.00	Closed				
Grill Special with Fries 6.50	Closed				
Specialty Sandwich 5.95	Roasted Chicken, Cucumber Hummus and Feta Wrap	Tomato and Maple Brook Farms Mozzarella Sun Dried Tomato Mayo Rosemary Pocket	Tuna Salad, Dill Havarti Cucumber on 7 Grain Baguette	Curried Chicken Salad, Green Apples and Cilantro on Spinach Wrap	Ham, Roasted Pepper, Provolone on Baguette
Specialty Salad 5.95	Tuna Salad, Raisins, Swiss Mesclun Mix	Salmon Caesar Salad	Seared Ahi Tuna Grilled Summer Vegetable Salad	Chicken Salad, Toasted Cashew Orange Segments and Soy Ginger Vinaigrette	Shrimp Salad, Grapes Tarragon Mayo Bibb Lettuce
Chef's Table	Lobster Roll Old Bay House Made Chips				

*Denotes Vegetarian Item