

# HARD WATT CAFÉ MENU

## ON THE GO

### Flatbread

Caprese Flatbread | Pesto Chicken Flatbread

### Salad

Chicken Caesar Salad | Cobb Salad | Roasted Butternut Squash Salad  
Quinoa Lentil Side Salad | Marinated kale Side Salad | Grains n' Gumes Side Salad  
Veggie Pasta Side Salad | Seasonal Fruit Salad

### Sandwiches

BLT on white or multigrain | Egg Salad on white or multigrain  
Maple Bacon Turkey croissant | Roasted Chicken & Tomato multigrain  
Tuna Salad on white or multigrain

### Snack box

Breakfast Break | Cheese Snack | Great Start Break | Ploughman's Plank  
Quinoa and Tuna Break | Veggies and Dip Snack

### Wraps

Buffalo Chicken Wrap | Chicken Caesar wrap  
Curry Vegetable Wrap | Greek Chicken Wrap

### Parfait

Apple Slices | Fresh Fruit, Granola and Yogurt | Mixed Melon  
Muesli | Vanilla Greek Yogurt

## PASTRIES

### Cookies

Double Chocolate | Ginger | Raisin Oatmeal

### Danish

Apple | Bavarian | Blueberry | Cherry | Lemon

### Loaf

Banana Bread | Chocolate Biscotti | Vanilla Pineapple Bread

### Muffins

Apple Cinnamon | Blueberry | Chocolate Chip  
Lemon Poppy | Raspberry Kirsch | Strawberry Rhubarb

### Scone

Blueberry | Cheese | Cranberry | Raspberry

## READY TO EAT

### Entrée

Beef Bourguignonne with mashed potato & vegetables  
Grilled Teriyaki Chicken Breast with mashed potato & vegetables

### Pasta

Penne with meatballs & peppers | Vegetarian Southwestern Pasta

### Rice bowl

Butter Chicken with basmati rice | Gingered Beef with basmati rice & peppers  
Lemon Hoisin Chicken with basmati rice | Sweet and Sour Pork with basmati rice

## SUSHI

### Bowls

Butter Chicken | Edamame | Pink Salmon Teriyaki | Pork Dumplings

### Combo

Nigiri | Salmon Sushi

### Rolls

California | Dynamite | Salmon Avocado | Spicy California | Spicy Salmon