

# THE HUB CAFÉ 2nd | WEEK OF March 30

Please clear your browser's cookies if the current week's menu is not visible.  
If the menu does not load, please contact the manager or chef below.

## LUNCH

MON

- FLEX KITCHEN** \$0.49 / oz  
Build your own Chicken Pot Pie, Pot Pie Filling, Roasted Mushrooms, Glazed Carrots, Steamed Broccoli, Mashed Potatoes, Biscuits and Pastry Puff's
- MTO DELI** ⚡ \$8.99  
Build your perfect Boars Head sandwich from the bread up!
- CANDY BAR** \$0.49 / oz  
Self serve candy bar, including gummy bears, sour patch kids, chocolate covered candies and more.

TUE

- FLEX KITCHEN** \$0.49 / oz  
BBQ Brisket and BBQ Pork, Collard Greens, Crispy Okra, Baked Beans, Red Rice, Jalapeno Cheddar Cornbread
- RUSTICA- BY THE SLICE** \$3.99  
Cheese, Veggie, Pepperoni, BBQ
- HOT PROTEIN BAR** ⚡ \$0.49 / oz  
Grilled Chicken, Bronzed Chickpeas, Crispy Tofu and Pasta

WED

- CHEF'S SPOTLIGHT** \$0.49 / oz  
Chicken Marsala, Mushroom Marsala, Buttered Fettuccine, Rice Pilaf, Green Beans, Marsala Gravy, Parmesan and Breadsticks
- CHICK FIL A** *Chick-fil-A* \$6.79  
Spicy or Regular Chicken Sandwich with Sauce
- MTO DELI** ⚡ \$8.99  
Build your perfect Boars Head Sandwich from the bread up!

THU

- CHEF'S SPOTLIGHT:** \$0.49 / oz  
Falafel, Lemon Garlic Chicken, Lamb and Beef Gyros, Pita Bread, Turmeric Rice, Tzatziki Sauce, Humus and Feta
- RUSTICA- BY THE SLICE** ⚡ \$3.99  
Pepperoni, Cheese, & Veggie Pizza, Baked Pasta
- MARKET BAR:** ★ \$6.79  
Come try our new salad bar toppings over 24 choices

FRI

- CHEF'S SPOTLIGHT** \$0.49 / oz  
Chicken Tenders and Fried Cod, Potato Salad, Coleslaw, Pimento Mac & Cheese, Potato Wedges
- GRILL BUNDLE** \$9.99  
Double Cheeseburger, Fries, 20oz Fountain Drink
- HOT PROTEIN BAR** ⚡ \$0.49 / oz  
Grilled Chicken, Bronzed Chickpeas, Crispy Tofu and Pasta

## SOUP

- MON** Chicken Noodle
- TUES** Minestrone
- WED** Yukon Gold Potato
- THU** Lobster Bisque
- FRI** Broccoli & Cheese

## DESSERT

### ASSORTED PASTRIES \$2.29

Warm Cinnamon rolls, Danishes, Muffins, and Scones baked fresh, available for breakfast.

### CRAVEWORTHY COOKIES \$0.49 per oz

Warm cookies, Fresh Baked Cobbler, available for lunch and dinner!

## MONDAY – FRIDAY

- 1:00 a.m – 3:00 a.m  
5:00 a.m. – 8:30 a.m.  
10:00 a.m. - 1:00 p.m.  
5:30 p.m. – 8:00 p.m.

**Corey Steinke**  
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**STRENGTH.**  
Lean protein to support strength building and muscle maintenance.



**ENERGY.**  
Complex carbs to support sustained energy.



**WELLBEING.**  
Nutritious, delicious options to help keep you fueled & focused (less than 500 calories)

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