



# Tiger Café



## Monday February 11, 2019

- Breakfast Bistro** Classic Oatmeal with Dried Cranberries and Brown Sugar
- Garden Organic Side** Stir Fry Veggies, Snap Peas, Broccoli and Shishito Peppers (Vegan and Gluten Free)
- Sandwich Favorite** Build Your Own Sandwich Bar
- Global Adventure** Korean-Style Paleo Pork Chops with Green Onions (Gluten Free)
- Live Well** Crispy Sweet Chili and Sriracha Tofu (Vegan)
- Tossed** Organic Mixed Greens with Pears, Gorgonzola and Sunflower Seeds with Cranberry Dressing (Veg and Gluten Free)

## Café Service Hours

- Breakfast 7:30-8:00
- Morning Snack 9:20-9:30
- Lunch 11-11:50
- Afternoon Snack 1:20-1:30



## Tuesday February 12, 2019

- Breakfast Bistro** Chocolate Chip Pancakes with Fresh Whipped Cream and Applewood Smoked Bacon
- Garden Organic Side** Organic Roasted Vegetables (Vegan and Gluten Free)
- Sandwich Favorite** Roast Beef, Cheddar Cheese, Lettuce and Tomato on French Baguette
- Platillos Latinos** Grilled Chicken Tacos, Spanish Rice, Sour Cream, Salsa and Cheddar Cheese (Gluten Free)
- Live Well** Mexican Quinoa Stuffed Peppers with Black Beans, Roasted Corn, Tomatoes and Fresh Cilantro (Vegan and Gluten Free)
- Tossed** Southwestern Salad with Ratto Ranch Romaine, Cherry Tomatoes, Roasted Corn, Black Beans and Tortilla Strips Served with Chipotle Ranch (Veg and Gluten Free)

## Soup de Jour

- Monday**  
Vegan Irish Stew with Red Potatoes (Vegan and Gluten Free)
- Tuesday**  
Thai Curry Vegetable Soup (Vegan and Gluten Free)
- Wednesday**  
Quinoa Chicken Soup with Carrots and Fresh Thyme (Gluten Free and Dairy Free)
- Thursday**  
Boston Clam Chowder with Bacon (Gluten Free)
- Friday**  
Classic Oatmeal with Dried Cranberries and Brown Sugar

## Wednesday February 13, 2019

- Breakfast Bistro** Breakfast Burritos with Eggs, Sausage, Cheese and Potatoes
- Garden Organic Side** Steamed Capay Farms Broccoli (Vegan and Gluten Free)
- Planet Wrap** Build Your Own Sandwich Bar
- Kitchen Table** Grass Fed Beef Lasagna, Basil Marinara and Fresh Mozzarella
- LiveWell** Florentine Lasagna with Mixed Mushrooms and Fresh Mozzarella (Veg)
- Tossed** Classic Caesar Salad; Chopped Ratto Ranch Romaine, Parmesan and Garlic Croutons (Veg)
- Sweet Treats** Sugar Cookies

Boston Clam Chowder with Bacon (Gluten Free)

Classic Oatmeal with Dried Cranberries and Brown Sugar



## Thursday February 14, 2019

- Breakfast Bistro** Banana Fosters Pancakes with Fresh Whipped Cream and Applewood Smoked Bacon
- Garden Organic Side** Roasted Tri-Color Cauliflower (Vegan and Gluten Free)
- Planet Wrap** Grilled Chicken Caesar Salad wrap with Ratto Ranch Farms, Fresh Parmesan and Garlic Croutons
- Kitchen Table** Roasted Lemon Chicken, Rosemary Red Potatoes and Roasted Tri-Color Cauliflower (Gluten Free)
- LiveWell** Rosemary Lemon Glazed Tofu, Red Potatoes and Roasted Tri-Color Cauliflower (Vegan and Gluten Free)
- Tossed** Bloomsdale Spinach, Red Beets, Pumpkin Seeds and Goat Cheese with Champagne Dressing (Veg and Gluten Free)

## Café Promotions

Join us in the café for special February promotions!

## Dessert is Served Every Wednesday

This week it's Sugar Cookies

Starting your day with a healthy breakfast is the best way to achieve greatness! We have a variety of breakfast options every morning, so come check us out!

## Friday February 15, 2019

- Breakfast Bistro** Suns Up Breakfast Sandwich with Bacon, Cage Free Eggs and Cheddar Cheese
- Breakfast Bistro** Chocolate Chip Pancakes with Maple Syrup
- Breakfast Bistro** Yogurt, Granola and Berries (Gluten Free)
- Breakfast Bistro** Scrambled Eggs, Applewood Smoked Bacon and Tater Tots (Gluten Free)
- Breakfast Bistro** Egg White Veggie Scramble with Tater Tots and Vegan Sausage (Gluten Free and veg)
- Tossed** Fresh Fruit Salad (Vegan and Gluten Free)

## Epicurean Group at Notre Dame

## Menu Key

**Executive Chef** Leo Quintero  
Leo.quintero@Epicurean-Group.com



**EPICUREAN GROUP**  
fresh. honest. local.

Free - Range	Vegetarian
Organic	Vegan
Grass - Fed	Gluten Free
Cage - Free	

**Catering Manager** Rachael Thompson  
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