

FRESH INSPIRATIONS CAFE

WEEK OF MONDAY APRIL 28

PLANT BASED OPTIONS DAILY

CAFE HOURS

BREAKFAST - 6:30AM - 10:00AM MON-SUN  
LUNCH - 11:00AM - 4:00PM MON - SUN  
LATE NIGHT - 6:00PM - 1:30AM MON - SUN

MANAGERS

Casey Hogge  
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Wellness



Plant Based



Vegan














Vegetarian

Before placing your order, please inform your server if you have a food allergy

MONDAY

SOUPS

- Garden Vegetable  
- Louisiana Chicken & Andouille Gumbo
- Chunky Beef Noodle 
- Parmesan Chicken Breast 
- Basil Ratatouille  
- Rustic Penne Marinara  
- Charred Broccoli, Seasoned Couscous 
- Sauteed Zucchini  

ACTION STATION

Wing Bar

GRILL SPECIAL



- Honey BBQ Ranch Chicken Sandwich 
- (Monday - Friday) 

TUESDAY

SOUPS





- Chicken Chile Verde 
- Tuscan Seven Vegetable  
- Creamy Broccoli and Cheddar 
- Balsamic Herb Roast Turkey 
- Braised Beef - Pot Roast Style
- Cajun Black Eyed Pea Casserole 
- Roasted Corn & Red Bell Pepper Confetti  
- Spinach & Onions, Herbed Potatoes  

MINDFUL STATION







- Oodles - Extra Firm Tofu, Chicken, Shrimp 
- (Tuesday & Thursday) 

WEDNESDAY

SOUPS

- Wicked Thai Chicken & Rice Soup
- Santa Fe Chili 
- Roasted Vegetable Soup with Garlic  
- Chicken Cacciatore 

DAILY FEATURE



- Baked Flounder with Lemon Butter Sauce
- Portobello Parmesan Fresca 
- Roasted Asparagus Spears 
- Broccoli & Carrot Medley  
- Roast Vegetables  

ACTION STATION

Citrus Herb Salmon / Sesame Tofu Salad

THURSDAY

SOUPS

- Mushroom & Roasted Garlic 
- Amish Style Chicken & Corn 

DAILY FEATURE




- Mexican Meatball
- BBQ Pork Ribs
- Golden Fried Catfish
- Red Bean Ettouffe 
- Steamed White Rice  
- Sweet Potato Casserole
- Roasted Cajun Vegetables  
- Roasted Acorn Squash  

FRIDAY

SOUPS

- Thick & Zesty Beef-Turkey Chili
- Chunky Vegetable & Orzo  
- New England Clam Chowder

DAILY FEATURE

- Blackened Catfish, Fried Pork Chop
- Vegetarian Stuffed Pepper 
- Collard Greens , Mashed Potatoes  
- Peas with Caramelized Red Onion 

ACTION STATION

Nacho Bar