

Breakfast 7am-10:30am Lunch 11am-1:30pm					
April/May	4/28/2025	4/29/2025	4/30/2025	5/1/2025	5/2/2025
DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken & Sausage Gumbo / 251cal (12 oz.) 	Bacon Cheeseburger Chowder / 599cal (12 oz.) 	Coconut Green Curry Chicken / 535cal (12 oz.) 	Chorizo & Hominy / 251cal (12 oz.) 	Clam Chowder / 520cal (12 oz.) 
SOUP	Lemony Quinoa & Chickpea / 155cal (12 oz.)  	Vegetarian Hot & Sour / 165cal (12 oz.)  	Potato Corn Chowder / 435cal. (12 oz.)  	Cheesy Cauliflower / 325cal (12 oz.)  	Garden Vegetable Pesto / 174cal (12 oz.)  
	THE MARKET	THE MARKET	THE MARKET	THE MARKET	Flavor Fire
Protein	Beef Meatballs / 302cal 	Shrimp Tacos / 240cal	Brazilian Beef Barbacoa Bowl / 525cal	Falafel Sandwich / 525cal 	Jamaican Jerk Chicken / 775cal
Description	Beef Meatballs, Served Alongside Sundried Tomato Alfredo Pasta, Sautéed Kale & Garlic Bread	Shrimp Tacos on Blended Corn & Wheat Tortillas w/ Red Cabbage & Lime Coleslaw, Poblano Crema & Cotija Cheese	Grilled Chipotle Marinated Beef Sirloin, Lime Quinoa, Roasted Sweet Potatoes, Pickled Red Onions, Avocado Crema, Chimichurri	Roasted Falafel inside Pita w/ Pickled Red Onion, Harissa Yogurt, Feta w/ Fresh Mint & Basil	Jamaican Jerk Marinated Chicken Thigh, Jalapeno Lime Rice, Roasted Curried Cauliflower & Sweet Potatoes over Coconut Rice
Sides Ala Carte	Sundried Tomato Alfredo Pasta / 315cal 	Jalapeno Lime Rice / 82cal  	Roasted Sweet Potatoes / 165cal  	French Fries / 275cal	
Sides Ala Carte	Sauteed Kale / 75cal  	Black Beans / 142cal  	Lime Quinoa / 85cal  		
HEARTH SPECIALTY	Meatlover's Pizza / 838cal	Meatlover's Pizza / 838cal	Meatlover's Pizza / 838cal	Meatlover's Pizza / 838cal	Meatlover's Pizza / 838cal
HEARTH STANDARD	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal
FIELD OF GREENS	Cobb Salad / 683cal 	Cobb Salad / 683cal 	Crispy Chicken Salad / 717cal	Crispy Chicken Salad / 717cal	Build Your Own Salad Bar / 100-1500cal 
Description	Fresh Mix of Greens with Chicken, Bacon, Tomato, Olives, Blue Cheese Crumbles, Avocado, Hard Boiled Eggs and Ranch Dressing.	Fresh Mix of Greens with Chicken, Bacon, Tomato, Olives, Blue Cheese Crumbles, Avocado, Hard Boiled Eggs and Ranch Dressing.	Fresh Mix of Greens with Breaded Chicken, Tomato, Cheddar Cheese, Bacon, Onions and a Honey Mustard Dressing	Fresh Mix of Greens with Breaded Chicken, Tomato, Cheddar Cheese, Bacon, Onions and a Honey Mustard Dressing	Fresh Mix of Greens with choice of toppings and Assorted Dressings. See the available options at the station.
GRILLERY	See grill menu at the station	See grill menu at the station	See grill menu at the station	See grill menu at the station	Beer Brats / 558cal
Description	See grill menu at the station	See grill menu at the station	See grill menu at the station	See grill menu at the station	Bratwurst Cooked in Beer served with Caramelized Onions and a Housemade Beer Mustard Sauce
* Menus items are subject to change due to procurement issues. Thank you for understanding.					