



Salad Bar  
Monday- Friday  
Breakfast 6:30am-10am  
Lunch 11am-2pm

## APRIL REMINDERS

The best things are **not** things  
If you can't be fearless, fear less  
Always believe in **magic**  
You have every right to **cut off** energy vampires  
If you are tired, slow down  
but never **backward**

Show up each day as who you want to be

OurMindfulLife.com

	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16	Friday 4/17
<b>Embers Breakfast Grill</b>	Loaded Breakfast Burrito	Loaded Breakfast Burrito	Loaded Breakfast Burrito	Loaded Breakfast Burrito	Loaded Breakfast Burrito
<b>Hearth &amp; Rye Delicatessen</b>	The Turkey Rachel Ultimate Club Turkey Avocado Turkey Cuban Chicken Kale Caesar Salad Chicken Salad Sandwich	The Turkey Rachel Ultimate Club Turkey Avocado Turkey Cuban Chicken Kale Caesar Salad Chicken Salad Sandwich	The Turkey Rachel Ultimate Club Turkey Avocado Turkey Cuban Chicken Kale Caesar Salad Chicken Salad Sandwich	The Turkey Rachel Ultimate Club Turkey Avocado Turkey Cuban Chicken Kale Caesar Salad Chicken Salad Sandwich	The Turkey Rachel Ultimate Club Turkey Avocado Turkey Cuban Chicken Kale Caesar Salad Chicken Salad Sandwich
<b>Exhibition</b>	Italian Hero Panini	Pressed Cuban Sandwich	Baja Chicken & Grain Bowl	Sweet Heat Buffalo Chicken Salad	Chili Dogs
<b>Café Concepts</b>	<b>&amp;Okra</b>	<b>Verde - Bowl</b>	<b>Cheese Louise</b>	<b>Zen</b>	<b>King Tide</b>
	Savannah Meatloaf Smothered Pork Chops	Taco Meat Shredded Chicken	Pulled Pork Grilled Buffalo Chicken	Sweet & Spicy Shrimp Bourbon Chicken	BBQ Salmon Crispy Fried Catfish
	Savannah Red Rice	Cilantro Lime Rice	Pimento Mac & Cheese	Brown Fried Rice	Country Cheese Grits
	Smashed Red Potatoes	Refried Beans	Smoked Gouda Mac & Cheese	Jasmine Rice	Sweet Potato Hash w/ Peppers
	Charred Okra & Tomatoes	Grilled Peppers & Onions	Garlic Spiced Roasted Broccoli	Baby Bok Choy w/ Ginger & Garlic	Cajun Spiced Fried Pickles
	Sweet & Sour Cabbage	Green Chili Queso	Sweet & Spicy Brussels	Szechuan Style Green Beans	Corn Relish
	Carolina Cole Slaw	Cinnamon Churro	Strawberry Shortcake	Spicy Thai Slaw w/ Mint	Cheddar Jalapeno Cornbread Muffin
	Pickled Okra			Crunchy Thai Cucumber Salad	
<b>Basil &amp; Thyme Pizza</b>	Gold Standard Cheese	Gold Standard Cheese	Gold Standard Cheese	Gold Standard Cheese	Gold Standard Cheese
	Ultimate Pepperoni	Ultimate Pepperoni	Ultimate Pepperoni	Ultimate Pepperoni	Ultimate Pepperoni
	Formaggio Sicilian	Formaggio Sicilian	<b>Mexican Street Corn Pizza</b>	Formaggio Sicilian	Formaggio Sicilian
<b>Daily Feature</b>	Pepperoni Calzone	Pepperoni Calzone	Pepperoni Calzone	Pepperoni Calzone	Pepperoni Calzone
<b>Daily Add On</b>	Cinnamon Apple Streusel Pizza	Cinnamon Apple Streusel Pizza	Cinnamon Apple Streusel Pizza	Cinnamon Apple Streusel Pizza	Cinnamon Apple Streusel Pizza



**Café Hours**  
**Monday-Friday:**  
6:30am - 10am  
11am - 2am

**Saturday & Sunday**  
6:30am - 10am  
11am - 7:30pm  
Reopen at  
12am - 2am

