

UPBEAT CAFÉ

01/23/12 to 01/29/12

| W K I | MONDAY JAN 23 | TUESDAY JAN 24 | WEDNESDAY JAN 25 | THURSDAY JAN 26 | FRIDAY JAN 27 | SATURDAY JAN 28 | SUNDAY JAN 29 |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------|
| G R I L L | ORIENTATION | PHILLY CHEESE STEAK WRAP Steak, Cheddar Cheese, Peppers & Onion, French Fries & Large Fountain Drink. | GYRO | MONTE CRISTO | FRIED FLOUNDER PO'BOY Filet of Flounder on a hero with American Cheese, Lettuce, Tomato and Tartar Sauce. | B R U N C H | B R U N C H |
| L U N C H | | TACO TUESDAY Chicken OR Beef Tacos, Rice & Beans. ALL the fixins. | CHICKEN PARMESAN Pasta, Vegetable of the Day and Italian Bread. | HONEY STUNG RIB-A-QUES | STUFFED FLOUNDER Shrimp & Crab Stuffed Flounder OR Spinach & Feta Stuffed Flounder. | B R U N C H | B R U N C H |
| D E L I | BUFFALO CHICKEN WRAP Sliced Chicken, Celery, Lettuce, Tomato, Crumpled Blue Cheese & Franks Red Hot Sauce. | BLACK FORREST HAM Ham On Marble Rye Bread. | GREEK CHICKEN WRAP Grilled Chicken, Fresh Spinach, Feta Cheese, Tomatoes, Black Olives, with Greek Dressing. | JERK CHICKEN WRAP | ITALIAN SUB Salami, Pepperoni, Ham, Lettuce & Tomato W/ Choice of Cheese and Dressing. | 10:30 TO 2:30 | 10:30 TO 2:30 |
| D I N N E R | FLANK STEAK or CARVED TURKEY or BAKED FISH | CHICKEN FLORENTINE or SPIRAL HAM or FISH OF THE DAY | TEMPURA CHICKEN or BEEF & BROCCOLI or SHRIMP STIR FRY | STEAK NITE 6 OZ SIRLOIN STEAK COOKED TO ORDER or TARAGON CHICKEN or BAKED FISH | PIZZA PARTY & CHICKEN WINGS | STEAK OR CHICKEN FAJITA | FRIED CHICKEN Or RIBS With Mac & cheese |

MENU SUBJECT TO CHANGE (Vegetarian Options are available Upon Request)

LUNCH SPECIALS \$5.52

DINNER SPECIALS \$10.50 (DESSERT, UNLIMITED FTN DRINK)