

321 CAFÉ

Week of Monday October 23



Watch for Mindful Menu Selections!

Look for the Mindful icon to find
your way to better nutrition.

*Celebrate American Heritage
Month!!*

Hours

Monday - Thursday: 7:30am to
6:00pm
Friday: 7:30 to 3:00

Managers

Manager: Thomas Van Pelt
585-292-2513

Cafe manager: Jon Rhees
585-685-6231



Vegan



Vegetarian



Mindful

MONDAY

Soup:	Old-Fashioned Chicken Noodle Soup	\$2.39
	White Bean Chicken Chili (Mindful)	\$2.39
Breakfast:	Mexican Breakfast Bowl	\$3.79
Grill:	Chicken Caprese Ciabatta Sandwich	\$5.09
Deli:	Roast Beef & Ricotta Panini	\$5.09
Entrée:	Baked Ziti with Sausage	\$6.29

TUESDAY

Soup:	Tomato Garden Vegetable Soup with Pasta	\$2.39
	White Bean Chicken Chili (Mindful)	\$2.39
Breakfast:	Mexican Breakfast Bowl	\$3.79
Grill:	Chicken Caprese Ciabatta Sandwich	\$5.09
Deli:	Roast Beef & Ricotta Panini	\$5.09
Entrée:	Chicken Enchilada Casserole	\$6.29

WEDNESDAY

Soup:	Hearty Beef Vegetable Soup	\$2.39
	Creamy Tomato Basil Soup	\$2.39
Breakfast:	Mexican Breakfast Bowl	\$3.79
	Chicken Caprese Ciabatta Sandwich	\$5.09
Deli:	Roast Beef & Ricotta Panini	\$5.09
Entrée:	House Taco Bar	\$4.99

THURSDAY

Soup:	Creamy Broccoli Cheddar Soup	\$2.39
	Chicken & Dumplings Soup (Mindful)	\$2.39
Breakfast:	Mexican Breakfast Bowl	\$3.79
Grill:	Chicken Caprese Ciabatta Sandwich	\$5.09
Deli:	Roast Beef & Ricotta Panini	\$5.09
Entrée:	Salisbury Steak Plate	\$6.29

FRIDAY

Soup:	Gulf Shrimp & Corn Chowder	\$2.39
Breakfast:	Mexican Breakfast Bowl	\$3.79
Entrée:	Beer Battered Haddock Plate	\$6.99
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PIZZA: TACO

CALZONE: PEPPERONI LOVERS