

EAT. DRINK. SOCIALIZE.

GATEWAY CAFE

Breakfast Monday – Friday | 7:30 am – 10:00 am

Lunch Monday – Friday | 11:00 am – 1:30 pm

WEEK OF MAY 13, 2024



FLAME

grill weekly lunch special 13.00

chicken sandwich with grilled chicken, fresh lettuce, tomatoes, bacon, brie cheese and housemade mango chutney on brioche served with garlic fries

Tuesday this week or first **BBQ OUTSIDE**

MON

kitchen & co

thai red curry with chicken or \$14 thai red curry with pork \$13 with sweet potato, onions, peppers, squash, thai basil scallions in red curry sauce served over pineapple rice

vegetarian kitchen & co

red curry with vegetables \$12 sweet potato, squash, peppers, green beans and thai basil served over steamed jasmine rice

TUES

kitchen & co

grilled salmon \$15 with loaded mashed potato, roasted garlic broccolini with tomato and basil bruschetta topping

vegetarian kitchen & co

vegetarian baked pasta \$12 with peppers, onions, corn, tomatoes served with garlic bread

WED

kitchen & co

santa maria trip tip \$15 with chimichurri sauce or mesquit grilled chicken breast \$14 served with cilantro rice or mac and cheese and sauteed green beans

vegetarian kitchen & co

Stuffed tomato with soyriso \$13 served with cilantro rice or mac and cheese and sauteed green beans

THURS

kitchen & co

roasted leg lamb \$14.50 with mint sauce or baked salmon \$15 with lemon & dill served with garlic mashed potatoes or lemon rice and roasted asparagus

vegetarian kitchen & co

roasted cauliflower steak \$12 seasoned with lemon garlic sauce served with garlic mashed potato or lemon rice and roasted asparagus

FRI

kitchen & co

chicken or beef enchiladas \$14 rolled corn tortillas filled with choice of chicken or beef and cheese covered with homemade red sauce served with red rice, pinto beans, shredded lettuce, sour cream

vegetarian kitchen & co

stuffed pepper with cheese \$12 served with red rice, pinto beans and chips

URBAN KITCHEN

monday mezze gyros \$13.50

made to order gyro sandwich or bowl with choice of chicken shawarma, beef & lamb gyro or falafel and toppings

tuesday ginger republic \$13.00

teriyaki chicken, sweet and sour chicken or black pepper chicken served with fried rice, chow mein and steamed mix vegetables

wednesday dhaba \$14.50

dhaba flavor of india with choice butter chicken, tandoori beef or butter paneer served with chana masala, basmati rice, oven fried naan bread and dessert

thursday italian \$13.00

spaghetti and meatballs, chicken parmesan or eggplant parmesan served with garlic bread

friday \$12.00

chicken tenders with chipotle ranch, fried fish or plant base chicken tenders served with potato wedges and coleslaw

ESPRESSO AND MORE

beverages: espressos, latte's, red bull spritzers and more
all day menu: smoothies, acai bowls, avocado toast, build you own fruit cup, or parfait and more

ROOTS AND SEEDS

SOUP CUP 4.50/
SOURDOUGH BOWL \$7
BUILD YOUR OWN SALAD

MONDAY

chicken dumpling soup

curry rice and lentil soup

TUESDAY

southwest tortilla soup

garden vegetable soup

WEDNESDAY

lemon chicken orzo soup

tomato basil soup

THURSDAY

baked potato soup

corn chowder soup

FRIDAY

clam chowder soup

vegetarian minestrone

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WITH US



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