

February 1-10, 2017

Rebels with



No Reservations Cafe



Rebel Chef Specials

All Chef Specials include salad, milk and fruit \$4.00/\$4.50

Wednesday, Feb. 1

BBQ Pulled Pork Sandwich with southern slaw

Thursday, Feb. 2

Vermont Paninis: Turkey, cheddar, apple, spinach, onion, cranberry mayo.

Friday, Feb. 3

Fish Tacos with crispy slaw, pineapple salsa and chipotle lime cream.



Monday, Feb. 6

Chicken Ranch BLT Panini

Chicken, Bacon, Ranch, mozzarella, tomato, spinach & onion.

Tuesday, Feb. 7

Grilled Jamaican Jerk Chicken Sandwich with Pineapple Salsa, greens and avocado lime cream.

Wednesday, Feb. 8

Cubano: Pulled mojo pork, sliced ham, bread & butter pickles and provolone, grilled on sub roll, with side of black bean & corn salad.

Thursday, Feb. 9

Vermont Paninis: Turkey, cheddar, apple, spinach, onion, cranberry mayo.

Friday, Feb. 10

Korean Beef Bulgogi Tacos with Asian salad and Sriracha lime dressing.

**Good To Go!
Fresh and Fast!**

A variety of freshly made salads, wraps, sandwiches and yogurt parfaits for those days when you're in a hurry!



Rebel Favorites

All Favorites include salad, milk & fruit

Pizza

Pastabilities fresh and locally made

Pasta Bar

Homemade sauces on daily freshly cooked pasta

Chicken Patty Sandwiches

With toppings on the side!

Deli Station

\$3.50/\$4.00 adult

A changing variety of meats including Ham, Turkey, Roast Beef, Buffalo Chicken, Chicken Salad, Hummus, Assorted Cheeses, Hearty Rolls, Breads and a Variety of Toppings. Selections Change Weekly. Sandwiches come with Fruit, vegetables and milk

Rebel Classics

All Classics include salad, milk & Fruit

Macro Monday

Miso Hungry Bowls

Miso Broth and a variety of vegetables and proteins

Tuesday Burrito Bar

You Choose, we wrap
Beef, Beans, Veggies, Cheese, salsa, guac...

Wednesday Homestyle

Feb 1st **Homemade Shepherd's Pie** with Whole Grain Roll

Feb 8th **Maple Rosemary Chicken or Tofu, Rice Pilaf, Carrot Souffle**

**Thursday Feb 2
Tomato Soup & Grilled
Cheese Station**

Homemade tomato soup with a variety of stir-ins

**Thursday Feb 9
Baked Potato Bar**

Taco, Cheese, corn, broccoli...

Stir Friday

Design your own stir fry bowl with your choice of veggies, chicken or tofu, rice or noodles, and sauces
Stir Fried before your eyes!



Gluten Free bread, buns, pizza crust and pasta are available with advanced notice.