Express 365 Menu
Thursday 2/20/2020

Main Course .56 oz
International .56 oz
Salad Bar .56 oz
Action Station 7.60 & up
Grill Special 7.40
Soups (12 or 16 oz.) 3.80/4.60
Desserts 3.20 & up

Ample Selection of Grab & Go and Snacks
Main Course Today

Moroccan Spice Rubbed Turkey Breast

Pot Roast

Herb Roasted Potatoes

Florentine Brown Rice

Roasted Cauliflowers

Vegetable of the Day

V vegetarian

V® vegan

better for you

We encourage guests to speak to the Chef or Manager regarding any allergen questions.
California Walnuts

Herb Roasted Chicken, Walnut Saffron Sauce

Walnut Crusted Tilapia, Arugula Pesto & Tomatoes

Roasted Vegetables with Walnut & Herbs

Wild Rice Pilaf, Dried Cranberries, & Walnuts

V vegetarian  V vegan  🍎 better for you

We encourage guests to speak to the Chef or Manager regarding any allergen questions.
Choice of:
Sabra Hummus, or
Sabra Roasted Peppers Hummus

Choose One:
Chicken Shawarma or Falafels

Choose up to 3 Vegetables:
Cucumber, Tomato, Red Onions, Shredded Cabbage, Pickled Turnip, Pickled Chile’s

Choose 1 Salad:
Tabbouleh, Israeli Chopped Salad,
Dukkha's Beets, Marinated Feta

Choose up to 3 toppings:
Toasted Pine Nuts, Fried Garlic, Onions Seeds,
Za’atar Spice, Sumac

Sauces:
Tahini Yogurt Sauce, Harissa Sauce, Toum,
Pomegranate Molasses, Extra Virgin Olive Oil

9.95
“Soup du jour”
Minestrone
&
Southwest Tortilla
12oz 3.90 – 16oz 4.50

Deserts

Baileys Espresso Cake 3.20
Blue Velvet Cake 3.20

Cookies 1x.80/3x2.00

We encourage guests to speak to the Chef or Manager regarding any allergen questions.
Grill Today
Bacon, Tomato, & Swiss
Grilled Cheese
Served with French Fries &
Small Fountain Soda
7.40

Student Lunch:
Choice of either: Turkey, Ham, Tuna, Grilled Vegetables, or Peanut Butter & Jelly on Choice of Whole, Wheat, Rye, 7 Grain, or White slice breads.
Includes a small salad, a choice of: bottle of water (Aquafina), Small Soft Drink or a Small Coffee, a choice of a whole fruit or a bag of Lays chips
5.80

Specialty Sandwiches 7.40

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Student Lunch:

**Choice of either:** Turkey, Ham, Tuna, Grilled Vegetables, or Peanut Butter & Jelly

**Choice of either:** Whole, Wheat, Rye, 7 Grain, or White slice breads.

**Choice of either:** Bottle of water (Aquafina), Small Soft Drink or a Small Coffee.

**Choice of either:** A whole fruit or a bag of Lays chips

Meal includes a **small green salad**

- No Protein or composed salads
- Special chips or Gluten Free Chips not included with this special.

5.80
Quick Pick Sandwiches & Salads

LTO

Buy one Sandwich or Salad, and get a Pringle and a 20 oz. soda

8.60

V vegetarian  V vegan  🍎 better for you

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Quick Pick Sandwiches

Ham Lettuce & Tomato on Whole Wheat Bread

Mozzarella Arugula Eggplant On Ciabatta Bread

Roast Beef, Cheddar L.&T. on an Onion Roll

Tuna Salad Sandwich 7.40

V vegetarian  V vegan  🍎 better for you

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Quick Pick Sandwiches

Ham Lettuce & Tomato on Whole Wheat Bread

Mozzarella Arugula Eggplant On Ciabatta Bread

Roast Beef, Cheddar L.&T. on an Onion Roll

Tuna Salad Sandwich $7.40

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Restaurant Associates has partnered with Sabra Hummus™ this year to bring you delicious hummus specials and creative dishes. Another reason why this partnership is so great? Both RA and Sabra value the health and wellness of our guests.

- Hummus is a nutrient dense food made with chickpeas, tahini (ground sesame), oil and seasonings like garlic and salt and makes a great plant-based food option.

- Chickpeas or garbanzo beans are also vegetables, so eating hummus can increase vegetable consumption. Eating hummus with vegetables increases vegetable consumption even more.

- Plant-based foods are critical to healthy diets and can have long-term health benefit.

- A study found that adults who ate chickpeas/hummus tended to have higher intakes of fiber and select vitamins and minerals.

Let’s hear it for hummus!
Muffins Apple / Blueberry (GF)  4.00
Donuts Cinnamon Sugar (GF)  4.00
Bread Banana/Zucchini (GF)  4.00
Brownies (GF)  4.00
Chocolate Chip Cookie (GF)  2.50
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<td>4 Tasting 12-2pm</td>
<td>Signature Sandwich</td>
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<td>all week</td>
<td>5 Kentucky Hot Brown</td>
<td>Lincoln’s Birthday</td>
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<td>10 Burritos &amp; Bowls</td>
<td>11 HEART YO’SELF</td>
<td>Closed</td>
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<td>14 Don’t forget to buy nano Valentine’s Day treat!</td>
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<td>Action all week</td>
<td>12 With our bonus heart healthy Global Station</td>
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<td>14 EUCALYPTUS DARK CHOCOLATE</td>
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Or visit our websites at

https://racafes compass-usa.com/CUNYCAFE/Pages/Menu.aspx?lid=b2

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Notice

Starting this semester Dining Commons new hours of operation are:

Mon –Friday
Breakfast from 8:00 AM to 10:30AM
Lunch from 11:30 AM to 3:00 PM

Gates will closed at 10:30 am for refreshing and set up for Lunch, And re-open at 11:30 am for service

Thank You

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