

MTS CAFE

Breakfast 6:30am – 9:30am

Lunch 11:00am – 1:00pm

OCTOBER

12-16



	M	T	W	TH	F
BREAKFAST	All American Breakfast	Biscuit and Gravy	Breakfast Pizza or Farmhouse Sandwich	Fresh Pancakes Made to Order Sausage and Eggs	French Toast, Bacon and Hashbrowns
SOUP	Broccoli Cheddar	Chicken Tortilla	Tomato Florentine	Wild Rice	Chefs Choice
ENTREE	NA	Taco/Nacho Bar	Pasta Bar	BYO KFC Bowl	NA
DELI	Chicken Salad on Ciabatta	Fiesta Chicken Wrap	Roast Beef Dipper	Tuna Salad on Croissant	Club Sandwich on Ciabatta
GRILL	Cowboy Burger	Chopped Beef	Cuban	Chicken Pesto and Provolone Sandwich	Chicken Tender Sandwich
PIZZA	Hawaiian	BBQ Chicken	Supreme Pizza	Meat Lovers	Chefs Choice

Café Manager: Peter Domenick
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Visit us online at: www.mts.corporate-dining.com

Not Made with Gluten



Vegetarian



Vegan

BeWell



FRESH ^{TO} GO MARKET

Deli Specials

Monday

Chicken Salad on Ciabatta

*House Made Chicken Salad with Choice of Cheese and Topping.
Served on Ciabatta Bread Choice of Side*

\$7.99

Allergens: Milk, Wheat, Soy, Egg, Gluten

Tuesday

Fiesta Chicken Wrap

*Southwest Spiced Roasted Chicken, Black Beans, Roasted Corn,
Jalapenos, Tomatoes, Crispy Tortilla Strips w/ Avocado Ranch*

\$7.99

Allergens: Milk, Wheat, Soy, Egg, Gluten

Wednesday

Roast Beef Dipper

*Sliced Roast Beef with Provolone Cheese, Horseradish Mayo and
Choice of Toppings. Served with Onion Beef Broth*

\$7.99

Allergens: Milk, Wheat, Soy, Egg, Gluten

Thursday

Tuna Salad on Croissant

*House Recipe Tuna Salad with Choice of Topping. Served on Buttery
Croissant*

\$7.99

Allergens: Milk, Wheat, Soy, Egg, Gluten, Fish

Friday

Club Sandwich on Ciabatta

*Turkey, Ham and Bacon on Fresh Ciabatta with Lettuce, Tomato and
Onion with Galic Mayo*

\$7.99

Allergens: Milk, Wheat, Soy, Egg, Gluten





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Grill Specials

Monday

Cowboy Burger

Burger Patty Topped with Bacon, Cheddar Cheese, BBQ Sauce and Fried Onion Ring. w/Side

\$7.99

Allergens: Milk, Wheat, Soy, Gluten, Egg

Tuesday

Chopped Beef

Chopped Ground Beef and Cheese Served on a Hoagie with Shredded Lettuce, Tomato, Pickles, Ketchup, Mayo and Hot Sauce w/side

\$7.99

Allergens: Milk, Wheat, Soy, Gluten, Egg

Wednesday

Cuban

Ham, Pulled Pork, Swiss Cheese, Pickles and a Spicy Mustard Mayo. w/Side

\$7.99

Allergens: Milk, Wheat, Soy, Gluten, Egg

Thursday

Chicken Pesto and Provolone Sandwich

Grilled Chicken Breast Topped with Pesto, Provolone Cheese, Served on Ciabatta w/side.

\$7.99

Allergens: Milk, Wheat, Soy, Gluten, Egg

Friday

Turkey Club Melt

Sliced Turkey, Ham, Bacon, Pepper Jack Cheese on Choice of Bread w/ Chipotle Mayo

\$7.99

Allergens: Milk, Wheat, Soy, Gluten, Egg





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Breakfast Specials

Monday

All American Breakfast

2 Eggs, Hashbrown, Toast and Choice of Meat

\$6.99

Allergens: Eggs, Wheat, Soy

Tuesday

Biscuit and Gravy

One Biscuit Smothered in Gravy with 2 Eggs and Choice of Meat

\$6.99

Allergens: Milk, Eggs, Wheat, Soy

Wednesday

Breakfast Pizza or Farmhouse Sandwich

Ham, Bacon, Hashbrowns, Cheddar Cheese and Red Pepper Aioli

\$3.99

Allergens: Milk, Eggs, Wheat, Soy

Thursday

Fresh Pancakes, Sausage and Eggs

Two Eggs, 3 Pancakes and a Choice of Links or Patty

\$6.99

Allergens: Milk, Eggs, Wheat, Soy

Friday

French Toast, Bacon and Hashbrowns

Homemade French Toast, 2 Bacon Strips and Hashbrowns

\$6.99

Allergens: Milk, Eggs, Wheat, Soy





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Entree

Monday
N/A

Tuesday

Taco/Nacho Bar

Beef, Chicken, Tortillas, Salsa, Sour Cream, Olives, Cheese, Cheese Sauce, Lettuce, Jalapeno and Tomatoes. Rice and Beans,

\$7.95

Allergen: Milk, Soy, Wheat

Wednesday

Pasta Bar

Chicken Alfredo, Cajun Alfredo, Tortellini, Roasted Veggies, and Garlic Bread Sticks

\$7.95

Allergen: Milk, Soy, Wheat

Thursday

BYO KFC Bowl

Fried Chicken Pieces with Mashed Potatoes, Corn, Gravy, Mac and Cheese, Corn Bread and Roasted Veggies

\$7.95

Allergen: Egg, Milk, Soy, Wheat, Anchovy

Friday
N/A





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Soup

MONDAY

Broccoli Cheddar

Allergen: Milk, Soy

TUESDAY

Chicken Tortilla

Allergen: Milk, Soy, Wheat

WEDNESDAY

Tomato Basil

Allergen: Soy

THURSDAY

Chicken and Wild Rice

Allergen: Milk, Soy, Wheat

FRIDAY

Chefs Choice

Cup-\$3.79
Bowl-\$4.79





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Pizza

MONDAY

Hawaiian

Allergens: Milk, Wheat, Soy, Egg

TUESDAY

BBQ Chicken

Allergens: Milk, Wheat, Soy, Egg

WEDNESDAY

Supreme

Allergens: Milk, Wheat, Soy, Egg

THURSDAY

Meat Lovers

Allergens: Milk, Wheat, Soy, Egg

FRIDAY

Chefs Choice

Allergens: Milk, Wheat, Soy, Egg





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Deli

BREAD

Sourdough | Honey Wheat | Multigrain | Cranberry Wild Rice

WRAPS

Spinach | Jalapeno Cheddar | Wheat

PROTEIN

Sliced Turkey | Smoked Ham | Sliced Chicken Breast | Roast Beef | Chicken Salad | Tuna Salad | Egg Salad

CHEESE

Cheddar | Swiss | Pepper Jack | Provolone

TOPPINGS

Lettuce | Tomato | Onion | Pickles | Bell Peppers | Cucumber | Olives | Jalapeno | Banana Peppers

SAUCES

Mayo | Mustard | Chipotle Ranch | Honey Mustard | Horseradish Mayo | Buffalo | Caesar | Dijon

Sandwich or Wrap no side	\$6.29
Half Sandwich	\$4.29
Extra Meat	\$2.99
Extra Cheese	\$0.79
Bacon(2)	\$2.25





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GRILL

Hamburger	\$5.19
Hamburger w/ Side	\$7.48
Cheeseburger	\$5.69
Cheeseburger w/ Side	\$7.98
Grilled Chicken Sandwich	\$5.19
Grilled Chicken Sandwich w/ Side	\$7.48
Chicken Tenders	\$5.99
Chicken Tenders w/ Side	\$7.78
Grilled Cheese w/ Side	\$7.28
Turkey Melt w/ Side	\$7.78
Ham Melt w/ Side	\$7.78
Garden Burger	\$5.19
Garden Burger w/ Side	\$7.78
Fries	\$2.29
Onion Rings	\$2.49
Bacon(2)	\$2.25
Extra Patty	\$3.50





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Breakfast

OMELETS

Meat and Cheese	\$6.79
Cheese	\$5.49
Meat and Veggie	\$6.79

SPECIALTIES

Breakfast Special	\$6.99
Breakfast Sandwich	\$3.45
Breakfast Burrito	\$4.99
Breakfast Skillet	\$6.99
Breakfast Quesadilla	\$7.78

EXTRAS

Pancakes(2)	\$2.50
French Toast (2)	\$2.50
Hashbrowns	\$2.49
Egg (each)	\$1.75
Bacon(2)	\$2.25
Patty or 1 links	\$1.50





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Daily Specials

Personal
Gluten Free
Pizzas
\$2.79





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Item	\$2.95	Item	\$2.95
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FRESH ^{TO} GO MARKET

Hours

Monday: 8:00am – 5:00pm

Tuesday: 8:00am – 5:00pm

Wednesday: 8:00am – 5:00pm

Thursday: 8:00am – 5:00pm

Friday: 8:00am – 5:00pm

Saturday: 8:00am – 5:00pm

Sunday: 8:00am – 5:00pm

