weekly menu



(GF) = Gluten Free (LF) = Low Fat (V) = Vegetarian (VG) = Vegan (DF) = Dairy Free café at hours tuesday specials thursday wednesday wellness **Nell** EVERYTHING www.welleverything.info **Nell** INFORMED www.wellinformed.info contact us

Before placing your order, please inform your server if a person in your party has a food allergy.

*These menu items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.