Hot Meals Menu
All hot meals are prepared at Islands Café and Served at Freudian Sip in the Library

Hot meals times:
Monday – Friday:
• breakfast: 7am-9:30am
• lunch: 11am-1:30pm
• dinner: 5pm-8pm
Saturday & Sunday:
• lunch/brunch: 10am-2pm
• dinner: 4pm-8pm

Retail prices:
• breakfast: $7.00
• lunch/brunch: $9.25
• dinner: $11.25

MONDAY APRIL 12TH
BREAKFAST
STEAK FAJITA AND POTATO EGG BURRITO, WITH CHEESE

OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH
KOREAN SOY GLAZED TEMPURA CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES

OR VEGETARIAN:
KOREAN SOY GLAZED TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER
CHICKEN PICCATA, BREADED CHICKEN WITH GARLIC LEMON HERB BUTTER SAUCE, RICE PILAF, SAUTÉED VEGETABLES

OR VEGETARIAN:
“VEGETARIAN” CHICKEN PICCATA, BREADED CHICKEN WITH GARLIC LEMON HERB BUTTER SAUCE, RICE PILAF, SAUTÉED VEGETABLES

TUESDAY APRIL 13TH
BREAKFAST
HAM AND CHEESE EGG CROISSANT, BUTTERY CROISSANT, HONEY GLAZED HAM AND MELTED CHEESE, POTATO WEDGES

OR VEGETARIAN:
EGG AND CHEESE CROISSANT, BUTTERY CROISSANT AND MELTED CHEESE, POTATO WEDGES

LUNCH
CRISPY BBQ CHICKEN GRILLED FLATBREAD WRAP, ROASTED CORN, BLACK BEANS, PEPPERS, CHEESE, TOMATOES, WITH CHIPOTLE MAYO

OR VEGETARIAN:
CRISPY BBQ EGGPLANT GRILLED FLATBREAD WRAP, ROASTED CORN, BLACK BEANS, CHEESE, PEPPERS, TOMATOES, WITH CHIPOTLE MAYO

DINNER
KANSAS CITY BBQ PORK RIBS GARLIC WHIPPED POTATOES, ROASTED VEGETABLE, SAVORY HERB GRAVY

OR VEGETARIAN:
VEGAN BRAISED BEEF, RICE PILAF, ROASTED VEGETABLE, SAVORY HERB GRAVY

WEDNESDAY APRIL 14TH
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES

OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE PANCAKES, BREAKFAST POTATOES

LUNCH
ROAST BEEF MELT ON ARTISAN ROLL, SAUTÉED PEPPERS, ONIONS AND TOMATOES WITH SWISS, GARLIC AIOLI

OR VEGETARIAN:
VEGETARIAN CHICKEN MELT ON ARTISAN ROLL, SAUTÉED PEPPERS, ONIONS AND TOMATOES WITH SWISS, GARLIC AIOLI

DINNER
CHICKEN VERDE ENCHILADAS, BLACK BEANS, FIESTA RICE

OR VEGETARIAN:
CHILI ROJA VEGETABLE CHEESE ENCHILADAS, BLACK BEANS, FIESTA RICE
THURSDAY APRIL 15TH
BREAKFAST
CHORIZO AND POTATO OMELET, ONIONS, BELL PEPPERS AND CHEESE
OR VEGETARIAN:
VEGAN STEAK FAJITA OMELET, ONIONS, BELL PEPPERS AND CHEESE
LUNCH
ITALIAN BREAD CHICKEN CIABATTA SANDWICH, LAYERED WITH CAPICOLA, FRESH MOZZARELLA, TOMATOES, ONIONS AND PESTO AIOLI
OR VEGETARIAN:
ITALIAN BREAD VEGETARIAN CHICKEN CIABATTA SANDWICH, LAYERED WITH CAPICOLA, VEGAN CHEESE, TOMATOES, ONIONS AND PESTO AIOLI
DINNER
GARLIC BEEF TIPS, ONIONS, PEPPERS IN A HERB SCENTED BROTH OVER WILD RICE AND LOCAL FARMED VEGETABLES
OR VEGETARIAN:
GARLIC VEGAN BEEF TIPS, ONIONS, PEPPERS IN A HERB SCENTED BROTH OVER WILD RICE AND LOCAL FARMED VEGETABLES

FRIDAY APRIL 16TH
BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
LUNCH
SWEET AND SOUR CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
SWEET AND SOUR TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
TORTELLINI FRESCO, GRILLED CHICKEN, ONIONS, TOMATOES, BELL PEPPERS, TOMATO BASIL CREAM SAUCE
OR VEGETARIAN:
TORTELLINI FRESCO, PARMESAN BREADED EGGPLANT, ONIONS, TOMATOES, BELL PEPPERS, TOMATO BASIL CREAM SAUCE

SATURDAY APRIL 17TH
BREAKFAST
BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
OR VEGETARIAN:
BROCCOLI AND EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
LUNCH
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
DINNER
PORK CARNITAS WET BURRITO, CILANTRO RICE, REFRIED BEANS, CHEESE, SALSA, SMOTHERED WITH SAVORY ANCHO SAUCE
OR VEGETARIAN:
VEGETABLE FAJITA WET BURRITO, CILANTRO RICE, REFRIED BEANS, CHEESE, SALSA, SMOTHERED WITH SAVORY ANCHO SAUCE

SUNDAY APRIL 18TH
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, FRENCH TOAST, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE
DINNER
GARLIC GRILLED CHICKEN BREAST WITH LEMON GARLIC SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU WITH LEMON GARLIC SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES