

September 15<sup>th</sup>-19<sup>th</sup>

Service Hours: 7:00-1:30

Danielle McDougall- GM

[Danielle.mcdougall@corporatechefs.com](mailto:Danielle.mcdougall@corporatechefs.com)

Seagate.corporate-dining.com

952-402-3258

Menu Subject to Change Without Notice

	BREAKFAST	GRILL	ENTREE	DELI	PANINI	EXHIBITION
M	Americano Two Eggs any Style, Hashbrowns, Two Sausage Links or Bacon \$4.50  allergens: wheat, milk, egg	Grilled Beef Breakfast Burger with Fried Egg, Bacon, Lettuce, tomato, Garlic Aioli, French Fries or Fresh Fruit \$5.25  allergens: wheat, milk, egg	Cheese Manicotti with Italian Sausage Meat Sauce, Fresh Vegetable \$5.95  allergens: wheat, Milk, Soy	Grilled Chicken Italiano Hoagie, Grilled Chicken, Salami, Fresh Mozzarella, Marinated Tomatoes, Pesto Aioli, Spinach, Fresh Fruit or Kettle Chips \$5.00  allergens: wheat, milk, egg, soy	Mediterranean Turkey Panini Deli Turkey, Tomato, Artichoke Hearts, Feta Cheese, Marinara Sauce, Pressed on Choice of Bread, Fresh Fruit or Kettle Chips 5.00  allergens: wheat, milk, egg	Grilled Chicken Buddha Bowl or (V) Roasted Tofu  Grilled Chicken, Quinoa, Roasted Sweet Potato, Roasted Chickpeas, Carrots, Avocado, Spring Mix, Lemon Vinaigrette \$5.95  allergens:
T	Country Fried Steak Country Fried Steak, smothered in Sausage Gravy with Two Eggs \$4.50  allergens: wheat, milk, egg	Crispy Chicken BLT Sandwich, French Fries or Fresh Fruit \$5.25  allergens: wheat, milk, egg	Orange Chicken or (V) Plant Based Chicken  Breaded Chicken tossed in an Orange Sauce, over Jasmine Rice, Steamed Broccoli  \$5.95  allergens: wheat, milk, egg, soy	(V) Teriyaki Roasted Vegetable Wrap Roast Zucchini, Yellow Squash, Red Peppers, Red Onion, Lettuce, and Brown Rice Rolled in a Wrap with Teriyaki Sauce  Fresh Fruit or Kettle Chips \$5.00 allergens: wheat, milk, egg, soy	Mediterranean Turkey Panini Deli Turkey, Tomato, Artichoke Hearts, Feta Cheese, Marinara Sauce, Pressed on Choice of Bread, Fresh Fruit or Kettle Chips 5.00  allergens: wheat, milk, egg	Sizzling’ Fajitas, Beef, Chicken, or (V) Sautéed portobello Mushrooms Peppers, Onions, Lettuce, Cheese, Sour Cream, Salsa, Spanish Rice \$5.95  allergens: wheat, milk
W	Bacon or Sausage French Toast Breakfast Sandwich with Egg and Cheese, Breakfast Potatoes \$4.50  allergens: wheat, milk, egg	French Dip with Au Jus on a Hoagie French Fries or Fresh Fruit \$5.25  allergens: wheat, milk, egg	Hamburger Stroganoff over Egg Noodles, Steamed Vegetable \$5.95  allergens: Milk, Egg, Wheat, Soy	Bay of Pigs Hoagie Smoked Ham, Swiss Cheese, Garlic Mustard, Mojo Mayo, Pickles, Pickled Onions, Fresh Fruit or Kettle Chips \$5.00  allergens: wheat, milk, egg, soy	Mediterranean Turkey Panini Deli Turkey, Tomato, Artichoke Hearts, Feta Cheese, Marinara Sauce, Pressed on Choice of Bread, Fresh Fruit or Kettle Chips 5.00  allergens: wheat, milk, egg	(GF) Chicken or (V) Tofu Pho Bowl, Rice Noodles, Chicken, Mushrooms, Edamame, Jalapeno, Cilantro Lime Wedge \$5.95  allergens: soy
TH	Two Denver Breakfast Tostada’s Ham, Peppers, Onions, Scrambled Eggs, Cheese on a Flour Tortilla \$3.95  allergens: wheat, milk, egg	Philly Chicken Cheesesteak Hoagie with Grilled Peppers, Onion, Mushrooms, Cheese Sauce, French Fries or Fresh Fruit \$5.25  allergens: wheat, milk, egg	Roast Turkey Dinner Roast Turkey served with Savory Stuffing, Gravy and Steamed Vegetable \$5.95  allergens: milk, wheat, egg	Tuscan Chicken Wrap Shredded Chicken, Tomato, Fresh Mozzarella, Spinach, Tomato Basil Mayo, Rolled in a Wrap Fresh Fruit or Kettle Chips \$5.00  allergens: wheat, milk, egg	Mediterranean Turkey Panini Deli Turkey, Tomato, Artichoke Hearts, Feta Cheese, Marinara Sauce, Pressed on Choice of Bread, Fresh Fruit or Kettle Chips 5.00  allergens: wheat, milk, egg	General Tso Chicken, Chicken or (V) Plant Based General Tso Chicken, Crisp Onion and Peppers, Sweet –Spicy Asian Sauce, Jasmine Rice \$5.95  allergens: wheat, soy, sesame
F	(V) Two Cinnamon Roll Pancake with Sweet Cream Cheese Glaze, Two Bacon or Sausage Links \$3.50  allergens: wheat, milk, egg	Shrimp Po’ Boy Hoagie, Fried Shrimp, Shredded Lettuce, Creole Remoulade Sauce, French Fries or Fresh Fruit \$5.25  allergens: wheat, milk, egg	Lemon Pepper Baked Cod Lemon Pepper Baked Cod, Rice Pilaf, Fresh Vegetable  \$5.95  allergens: fish	Crispy Chicken Bacon Ranch Wrap Breaded Chicken, Bacon, Lettuce, Tomato, Shredded Cheese, Ranch Dressing, Rolled in a Wrap, Fresh Fruit or Kettle Chips \$5.00  allergens: wheat, milk, egg, soy	Mediterranean Turkey Panini Deli Turkey, Tomato, Artichoke Hearts, Feta Cheese, Marinara Sauce, Pressed on Choice of Bread, Fresh Fruit or Kettle Chips 5.00  allergens: wheat, milk, egg	Chicken, Pork or (V) Tofu Lo Mein Roast Chicken, Pork, Tofu, Linguini, Carrots, Onion, Cabbage, Bean Sprouts, Egg, Tossed in Lo Mein Sauce \$5.95  allergens: wheat, egg