



Watch for Mindful Menu Selections

Look for our Daily Specials

*...Good Food that Tastes
Great is Your Reason for
Eating Healthy!*

Low-Fat/Calorie Healthier Eating Options

Low Fat Mayo

Low Fat Deli Meats

Items offered Baked/Fried

All Fried Foods Fried in Trans-Fat
Free Oil

Olive Oil Salad Dressings

Low-Fat Frozen Yogurt

100 Calorie Snacking Options

Hours

6:30am-9:00am Breakfast

11:00am-1:30pm Lunch

4:30pm-7:00pm Dinner

Grab & Go Available All Day

Managers

General Manager

Steven R. Hand- ext 1360

Executive Chef

Jason Pyle- ext 1562

Cherokee Menu Line- Dial (FOOD)-
3663



Cherokee Cafe

Week of Monday September 16

Monday

Entree:	Baked Chicken Ziti	\$3.99
	Brown Sugar Rubbed Pork Loin 🍃	\$3.99
	Roasted Rosemary Red Bliss Potatoes 🍃🍅	\$1.59
	Steamed Fresh Broccoli 🍃🍅	\$1.59
	Peas and Mushrooms 🍃	\$1.59
Special:	Jumbo Fried Shrimp	\$4.99

Tuesday

Entree:	Baked Cod with Butter Crumb Topping	\$3.99
	Southwest Salisbury Steak	\$3.99
	Baja Roasted Vegetables 🍃🍅	\$1.59
	Chile Corn Mashed Potatoes 🍅	\$1.59
	Herb Roasted Carrots 🍅	\$1.59
	Simply Roasted Butternut Squash 🍃🍅	\$1.59

Wednesday

Entree:	Braised Beef Brisket W/Caramelized Onion	\$4.99
	Roasted Garlic Chicken Penne Alfredo	\$3.99
	Steamed Vegetable Medley 🍃🍅	\$1.59
	Ginger Braised Asparagus 🍅	\$1.59
	Chive and Garlic Mashed Potatoes 🍅	\$1.59
Special:	Black & Bleu Salad	\$5.99

Thursday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Bolivian Beef Stew	\$4.99
	Sliced Carrots 🍃🍅	\$1.59
	Turnip Greens 🍅	\$1.09
	Savory Black-Eyed Peas 🍅	\$1.59
Special:	Chicken Quesadilla	\$5.99

Friday

Entree:	Golden Fried Catfish	\$5.99
	Chicken Saltimbocca 🍃	\$4.99
	Hush Puppies 🍅	\$1.59
	Candied Sweet Potatoes 🍅🍅	\$1.59
	Smashed Potatoes 🍅🍅	\$1.59
Special:	Omelet Bar	\$3.99

Saturday

Entree:	North Carolina BBQ Pork Ribs	\$4.99
	Grilled Corn Cobbette 🍃🍅	\$1.59
	Cajun Roasted Russet Potatoes 🍃🍅	\$1.59
	Green Beans Southern Style	\$1.59
	Crinkle Cut French Fries 🍃	\$1.29
	Classic Grilled Chicken Breast 🍃	\$2.79

Sunday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Baked Citrus Herb Crusted Cod	\$3.99
	Simply Roasted Beets 🍃🍅	\$1.59
	Parmesan Whipped Yukon Gold Potatoes 🍅	\$1.59
	Steamed Fresh Carrots 🍃🍅	\$1.59
	Sauteed Green Beans 🍅	\$1.59

🍃 Vegan 🍅 Vegetarian 🍃🍅 Mindful