Sandstone & Floodstreet Cafés

Monday 8/17

- **LiVe Well Plate08** –Flank Steak w/Bulgur Rice
  389/12.8gm/7.0gm/265mg **$4.18**
- **Entrée** –Pistachio Crusted Greek Chicken
  434/25.1gm/7.4gm/398mg **$4.58**
- **Grill Special-** Grilled Salmon
  182/10.9gm/0.0gm/54mg **$4.18**
- **Side Dishes** –Greek Potatoes & Carrots

Tuesday 8/18

- **LiVe Well Plate90-** Pizza Florentine w/Salad
  449/10.5gm/5.4gm/660mg **$4.18**
- **Entrée** – Barbacoa Burrito - **$4.84**
  992/39.7 gm/15.67gm/1051mg
- **Grill Special-** Grilled Salmon
  182/10.9gm/0.0gm/54mg **$4.18**
- **Side Dishes** –Cilantro Rice & Key largo Vegetable blend

Wednesday 8/19

- **LiVe Well Plate86-**Chicken Veracruz w/Rstd Corn & Quinoa
  447/12.8gm/9.5gm/531mg **$4.18**
- **Entrée-** Beef & Pepper Steak
  226/12.6gm/1.0gm/649mg **$4.58**
- **Side Dishes** – Mashed Potatoes & Broccoli

Thursday 8/20

- **LiVe Well Plate83** –Smoked Turkey w/BBQ mustard Sauce- **$4.18**
  267/10.2gm/0.8gm/319mg
- **Entrée** –Fiesta Salad
  8718/20.5gm/15.6gm/2242mg **$5.50**
- Grill Special- Grilled Salmon
  182/10.9gm/0.0gm/54mg **$4.18**
- **Side Dishes** –LW Tuscan Veggies, Spanish Rice & Black Beans

Friday 8/21

- **LiVE Well Plate79** – Salmon w/Fruit Salsa **$4.18**
  429/1.8gm/5.7gm/593mg
- **Entrée** – Chili Verde Plate w/ Rice & Flour Tortillas - **$4.54**
  395/10.7gm/3.29gm/742mg
- **Side Dishes** –*Sautéed Mushrooms & Rice*

Saturday 8/22

- **LiVe Well Plate41-** Shrimp Tostadas
  543/15.6gm/10.8gm/615mg **$4.18**
- **Entrée** – Teriyaki Pork - **$4.84**
  363/16.2gm/4.0gm/1415mg
- **Grill Special-**Chicken Strips & Fries**$4.84**
- **Side Dishes** – Vegetable fried rice & Egg Rolls

Sunday 8/23

- **LiVe Well Plate20-** Curry Turkey Burger w/Cucumber Tomato Salad
  472/16.1gm/4.3gm/664mg
- **Entrée** – Balsamic Glazed Chicken - **$4.54**
  164/4.7gm/0.2gm/619mg
  Grill Special-Chicken Strips & Fries**$4.84**
- **Side Dishes** –Cheddar Mashed Pot & Baked Yam

Display Cooking

Sushi



by JE