

February 23rd-27th 2026 7:30AM-9:30AM, 11:00AM-1:30PM

# 1300 Café

## FEATURES

*Menu is subject to change based on staffing and product availability*

MONDAY



THURSDAY



TUESDAY

WEDNESDAY



FRIDAY



MONDAY

Lamb/Beef  
Shawarma  
Falafel  
Warm Pita  
Spiced Greek Yogurt  
Marinated Chicken  
Spring Greens  
Pickled Onions  
Tzatziki Sauce  
Diced Tomatoes  
Olives  
Feta

TUESDAY

Penne w/ Herbs  
Spring Lemon Orzo  
Zoodles  
Roasted Brussel Sprouts  
Giardiniera Roasted  
Vegetables  
Garlic Scampi Shrimp  
  
Italian Sausage & Peppers  
  
Marinara  
Alfredo Pesto  
Chiffonade Basil  
Mamas Blessing  
Garlic Bread Sticks

WEDNESDAY

Baked Potatoes  
Tater Tots  
Pulled Chicken  
Ultimate Chili  
White Cheese Sauce  
Caramelized Onions  
Sauteed Kale  
Bacon Bits  
Cheddar Cheese  
Sour Cream  
Green Onion  
BBQ Sauce  
Warm Brownies

THURSDAY

Embers Grill  
Come Check Out our  
Specials!!

FRIDAY

Embers Grill  
Come Check Out our  
Specials!!

SOUPS

MONDAY  
Black Bean, Chicken, & Rice  
  
TUESDAY  
Chicken Tortellini  
  
WEDNESDAY  
Taco  
  
THURSDAY  
Chicken & Sausage Jambalaya  
Tomato Basil  
  
FRIDAY  
Tuscan Wedding

## CONNECT WITH US



948-204-1662 757-252-1511



ClaireEllingson@iammorrison.com  
AshleighWoodruff@iammorrison.com

March 2nd-6th 2026 7:30AM-9:30AM, 11:00AM-1:30PM

# 1300 Café

## FEATURES

*Menu is subject to change based on staffing and product availability*

MONDAY



TUESDAY



THURSDAY



WEDNESDAY



FRIDAY



MONDAY

### Embers Grill

Come check out our Specials!

TUESDAY

The Baller  
(Italian Blended Meatball Sub)  
The Triple Threat  
(Basil Turkey Meatball Sub)  
The Sunday Sauce  
(Italian Blended meatball over creamy Polenta w/ Marinara)  
Tortellini Antipasti

WEDNESDAY

Butternut Squash "Mac & Cheese"  
Smoked Gouda Mac & Cheese  
White Cheddar Mac & Cheese  
Grilled Peppers & Onions  
Sauteed Kale  
Sweet & Spicy Brussels  
BBQ Pulled Pork  
Buffalo Chicken  
Turkey Chorizo Crumble  
Assorted toppings

THURSDAY

Korean BBQ Chicken Bao  
Slow Roasted Pork Bao  
Sweet & Spicy Tofu Bao  
Mongolian Beef Bao  
Cabbage Slaw w/ Mint  
Spicy Peanut Noodle Salad

FRIDAY

### Chef Inspired Menu

SOUPS

**MONDAY**  
Baked Potato  
Veggie Minestrone  
**TUESDAY**  
Chicken Pot Pie  
**WEDNESDAY**  
Stuffed Pepper  
**THURSDAY**  
Hearty Veggie  
**FRIDAY**  
Soup Du Jour

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# ORDER ONLINE OR WITH THE APP

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- customize your order
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