



# WEEKLY LUNCH MENU

Week: 1

WEEKLY LUNCH MENU	
MONDAY	<b>MEATLESS</b> Veggie Fried Rice; Cauliflower, Peas, Cabbage & Tamari
	Tandori Style Tofu; Onions, Turmeric, Garlic & Paprika
	Sesame Roasted Asparagus; Fried Garlic, Sesame Seeds, Garlic & Olive Oil
	Arugula Salad; Miso, Cilantro & Ginger Vinaigrette
	Kimchi; Napa, Guajillo, Cider Vinegar
TUESDAY	<b>OAXACAN</b> Adobo Salmon; Mild Smoked Chile Glaze
	Grilled Tomatoes, Peppers & Onions; Garlic & Olive Oil
	Cilantro & Lime Rice; Olive Oil, Aleppo & Garlic
	Heirloom Bean Stew; Roasted Tomatillo, Garlic & Cilantro
	Charred Broccoli Chimichurri; Mint, Cilantro, Onion, Garlic & Olive Oil
WEDNESDAY	<b>PASTA</b> Grilled Chicken Parmesan / Grilled Eggplant Parmesan; Cornstarch, Olive Oil, Tomato, Garlic, Mozzarella, Parmesan
	Gluten Free Penne Pesto Pasta; Garlic, Olive Oil, Kale, Parmesan
	Rigatoni in House Marinara; Garlic, Olive Oil, Basil & Sherry
	Gluten Free Focaccia.
	Baby Gem Lettuces; Chia Seed Dressing; (Caper, Dijon, Cider Vinegar, Chia Seeds)
THURSDAY	<b>SCAMPI</b> Grilled Marinated Shrimp / Grilled Marinated Tofu
	Oven Roasted Tomatoes; Oregano, Garlic & Basil
	Couscous Salad; Sun Dried Tomatoes, Fresh Tomatoes, Olives, Garlic, Olive Oil
	Avocado Napa Slaw; Onions, Carrot, Avocado Dressing (Avocado Oil, Garlic, Cilantro, Dijon, Cider Vinegar, & Avocado)
	Mixed Green Salad; Citrus Vinaigrette (Olive Oil, Garlic, Lemon)

Friday Menus available by request- Weekly Chef's Choice Menu

We do a rotating assortment of popups, including Smash Burgers, Tacos, even Breakfast.

Subject to Change- Requests Available

Vegan & Vegetarian Options Plentiful

100% Seed Oil Free / 100% Gluten Free

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# CHEF'S WEEKLY HOT LUNCH MENU

Week:

## WEEKLY LUNCH MENU

MONDAY	<b>PIZZA</b>	Assorted Flatbreads; Mushroom, Veggie, Chicken, Cheese & Cheeseless Gluten Free Pasta Salad; Olives, Tomatoes, Basil & Feta Marinated Heirloom Tomatoes; Basil, Oregano, Honey, Sherry, Olive Oil Baby Gem Lettuces; Chia Seed Dressing; (Caper, Dijon, Cider Vinegar, Chia Seeds)		
	TUESDAY	<b>MEXICAN</b>	Grilled Yellowtail / Grilled Tempeh Heirloom Red Beans, Charred Tomato Salsa Cilantro Lime Brown Rice; Cilantro, Lime, Garlic & Olive Oil Mixed Green Salad; Hibiscus Pickled Onions & Avocado Dressing (Avocado Oil, Garlic, Cilantro, Dijon, Cider Vinegar, & Avocado) Queso de la Casa and House Tortilla Chips	
		WEDNESDAY	<b>LAOTIAN</b>	Vietnamese Ground Turkey; Mint, Cilantro & White Soy Vietnamese Tempeh; Mint, Cilantro & White Soy Bibb Lettuce Cups: Rice, Pickled Carrot & Jalapeno Green Papaya Salad; Lime, Olive Oil, Mint & Basil Glass Noodles; Birds Eye Chili Sauce, Tamari & Basil
			THURSDAY	<b>CHINESE</b>

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# WEEKLY LUNCH MENU

Week: 3

WEEKLY LUNCH MENU	
MONDAY	<b>RAMEN</b> Miso Mushroom Ramen; Grilled Portobello, Scallion & White Soy
	Sesame Roasted Bok Choy; Sesame Oil, Garlic, Scallions & Olive Oil
	Charred Broccoli; Guajillo Chili, Garlic, Cider Vinegar & Sweet Onions
	Grilled Asparagus; Lemon, Parsley, Scallion & Chives
	Napa Salad; Citrus, Sesame & Seaweed, Olive Oil
TUESDAY	<b>POKE DAY</b> Hawaiian Ahi Tuna Poke; Guajillo Chile, Garlic Aioli, Cilantro, Onions, Tamari & Nori
	Tofu Poke; Guajillo Chile, Garlic Aioli, Cilantro, Onions, Tamari & Nori
	Mixed Green Salad; Citrus Vinaigrette (Olive Oil, Garlic, Lemon)
	Brown Rice; Sesame & Furikake
	Green Papaya Salad; Rice Wine Vinegar, Honey, Cilantro & Furikake
WEDNESDAY	<b>ITALIAN</b> Turkey Bolognese / Tempeh Bolognese; Tomatoes, Basil, Garlic & Olive Oil
	Spaghetti; Garlic & Olive Oil
	Marinated Tomatoes; Honey, Basil & Sherry Vinaigrette
	Grilled Garlic Brussels; Balsamic, Honey & Chile Glaze
	Baby Gem Lettuces; Chia Seed Dressing; (Caper, Dijon, Cider Vinegar, Chia Seeds)
THURSDAY	<b>BOWL DAY</b> Grilled Marinated Chicken/ Grilled Tofu; Miso, Dijon, Honey & Olive Oil
	Charred Broccoli Chimichurri; Mint, Cilantro, Onion, Garlic & Olive Oil
	Oven Roasted Tomatoes; Oregano, Garlic & Basil
	Mixed Green Salad; Pickled Sweet Onions, Sunflower Seeds, Honey Vinaigrette
	Brown Rice

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# WEEKLY LUNCH MENU

Week: 4

## WEEKLY LUNCH MENU

MONDAY	<b>MEATLESS</b>	Creamy Tomato Bisque; San Marzano Tomatoes, Basil, Garlic, Cream
		Lentil Lime Tortilla Soup; Baluga Lentils, Tomatoes, Cilantro, Blue Corn Tortillas
		Everything Seasoning Grilled Cheese on Sourdough / GF Garlic Toast
		Spinach & Arugula Salad; Cranberry Vinaigrette; (Cranberry, Cilantro, Garlic & Olive Oil)
		Grilled Garlic Brussels; Balsamic, Honey & Chile Glaze
TUESDAY	<b>SPANISH</b>	Roasted Spanish Shrimp; Charred Tomatillo, Garlic & Cilantro
		Heirloom Rio Zape Bean Salad; Pickled Zucchini, Sweet Onions & Lime Juice
		Heirloom Corn "Grits"; Polenta, Butter, Gouda, Garlic
		Spicy Carrot Salad; Pickled Fennel Saffron Vinaigrette & Cilantro
		Roast Corn Salad; Onion, Cilantro & Lime
WEDNESDAY	<b>GREEK</b>	Grilled Yogurt Marinated Chicken; Dijon, Rosemary & Garlic
		Grilled Tofu; Dijon, Rosemary & Garlic
		Sundried Tomato Orzo Pasta; Olive Oil, Lemon Juice, Garlic & Mint
		Baby Romaine Leaves; Saffron Marinated Golden Beets, Chickpeas Hummus
		Warm Pita Bread
THURSDAY	<b>FEAST</b>	Oven Roasted Cod / Oven Roasted Tofu; Lemon, Garlic, & Chives
		Kale Salad; Farro, Roasted Tomato & Caper
		Truffled Cauliflower Gratin; Truffle Oil, Garlic & Olive Oil / Curry Roasted Cauliflower
		Curry Roasted Cauliflower; Garlic, Olive Oil & Curry

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