

lunch-in

MONDAY 8/2/21

GROUND TURKEY LASAGNA

Ricotta, Mozzarella, and Parmesan Cheeses

House Marinara Sauce

NUT FREE, SOY FREE

FOR THE VEGETARIANS

SPINACH AND MUSHROOM LASAGNA

Sautéed Spinach, Roasted Mushrooms, Ricotta, Mozzarella, and Parmesan Cheeses

House Marinara Sauce

VEGETARIAN, NUT FREE, SOY FREE

ROASTED EGGPLANT AND ZUCHINNI SALAD WITH CAPERS, GARLIC, ONIONS, AND VINEGAR

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

GARLIC BREAD

Our version with lots of Garlic and Butter

VEGETARIAN, NUT FREE, SOY FREE

MIXED GREENS WITH ROASTED CHICKPEAS, SUNFLOWER SEEDS, GRAPE TOMATOES, AND FETA

Lemon Paprika Vinaigrette

VEGETARIAN, GF, NUT FREE, SOY FREE

CHEF CHOICE

VEGETARIAN, NUT FREE

lunch-in

TUESDAY 8/3/21

GRILLED LEMON-ROSEMARY CHICKEN BREAST

Marinated with Lemon Oil and fresh Rosemary

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS, AND VEGETARIANS

LEMON-ROSEMARY WHITE BEANS AND TEMPEH

Lemon Oil and Caramelized Onions

VEGAN, GF, DAIRY FREE, NUT FREE

MINTED PEA AND ORECCHIETTE PASTA SALAD

Olive Oil, Peas, Crimini Mushrooms, and Mint

VEGAN, DAIRY FREE, NUT FREE, SOY FREE

MISO-ROASTED CAULIFLOWER AND CORN

VEGAN, GF, DAIRY FREE, NUT FREE

MIXED GREENS WITH TOMATOES, BLACK OLIVES, AND RADISHES

Balsamic Vinaigrette

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

CHOCOLATE CRINKLES

VEGETARIAN, NUT FREE

lunch-in

WEDNESDAY 8/4/21

GRILLED THAI CHICKEN WITH PEANUT SAUCE

Boneless Chicken Thighs, Garlic, Ginger, Coriander, Curry Powder, Soy Sauce, Coconut Milk, and Palm Sugar

GF, DAIRY FREE

FOR THE VEGANS AND VEGETARIANS

THAI TOFU WITH PEANUT SAUCE

Tofu with Mushrooms and Peppers marinated with Garlic, Ginger, Coriander, Curry Powder, Soy Sauce, Coconut Milk, and Palm Sugar

VEGAN, GF, DAIRY FREE

COCONUT RICE

Coconut Milk and Cilantro

VEGAN, GF, DAIRY FREE, SOY FREE

ROASTED MUSHROOMS, BROCCOLI, AND CARROTS MARINATED WITH LEMONGRASS, AND CHILIES

VEGAN, GF, DAIRY FREE, NUT FREE

ARUGULA SALAD WITH TOMATOES, CUCUMBERS, MANGO, AND FRIED ONIONS

Spicy Coconut-Lime Vinaigrette

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

THUMBPRINT COOKIES

VEGETARIAN, NUT FREE

lunch-in

THURSDAY 8/5/21

BEEF TERIYAKI WITH BROCCOLI AND SWEET PEPPERS

Top Sirloin Beef with our sauce

GF, DAIRY FREE, NUT FREE

FOR THE VEGANS AND VEGETARIANS

TEIYAKI GLAZED TOFU WITH BROCCOLI AND MUSHROOMS

House made sauce

VEGAN, GF, DAIRY FREE, NUT FREE

GARLIC NOODLES

Udon Noodles with Garlic Oil, Ginger, Tamari, Sriracha, Cucumbers, Tomatoes, and Green Onions

VEGAN, DAIRY FREE, NUT FREE

WATERMELON, FETA, AND JALAPENO SALAD

Tomato, Mint, Thai Basil, Tamari, and Lime

VEGAN, GF, DAIRY FREE, NUT FREE

ARUGULA SALAD WITH STRAWBERRIES, CUCUMBERS, AND TOASTED COCONUT

Coconut-Anise Vinaigrette

VEGAN, GF, DAIRY FREE, NUT FREE (Contains Coconut), SOY FREE

COCONUT BARS

VEGETARIAN, NUT FREE (Contains Coconut)

lunch-in

FRIDAY 8/6/21

TURKISH RICE PILAF WITH CHICKEN, ALMONDS, AND PISTACHIOS

Chicken Breast, Saffron, and fresh Herbs

GF, DAIRY FREE, SOY FREE

FOR THE VEGANS, AND VEGETARIANS

TURKISH RICE PILAF WITH TOFU, ALMONDS, AND PISTACHIOS

Saffron and Fresh Herbs

VEGAN, GF, DAIRY FREE

CHUNKY ZUCCHINI AND TOMATO SALAD

Walnuts, Dates, Fresh Mint and Parsley, Yogurt

VEGETARIAN, GF, NUT FREE, SOY FREE

ARUGULA SALAD WITH DATES, ALMONDS, AND FETA CHEESE

Pomegranate-Red Wine Vinaigrette

VEGETARIAN, GF, SOY FREE

CHEESECAKE COOKIES

VEGETARIAN, NUT FREE