

lunch-in

MONDAY 10/12/20

STEAK FAJITAS

Marinated Top Sirloin Steak, Red and Yellow Peppers, Onions, Garlic and Seasonings

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

VEGAN FAJITAS

Roasted Marinated Tofu with Red and Yellow Peppers, Onions, Garlic and Seasonings

VEGAN, GF, DAIRY FREE, NUT FREE

BLACK BEANS WITH CHIPOTLE, LIME, AND CILANTRO

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

SUMMER CORN SALAD

Fresh Corn, Yogurt, Cilantro, Lime, and Dried Chilies

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

RANCH SALAD WITH BABY SPINACH, TOMATOES, CUCUMBERS, RADISHES, AND OLIVES

Our Ranch Dressing

VEGETARIAN, GF, NUT FREE, SOY FREE

OUR FRESH GUACAMOLE

Green Onions, Garlic, Cilantro, Jalapeño, Tomato, and lime

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

SALSA DE SERRANO Y TOMATILLO

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

FLOUR TORTILLAS

VEGAN, DAIRY FREE, NUT FREE, SOY FREE

CHEF'S CHOICE

VEGETARIAN

lunch-in

TUESDAY 10/13/20

CHICKEN BREAST WITH AVOCADO AND POMEGRANATE SALSA

Chicken marinated with Lemon, Cumin, and Pomegranate molasses

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

ROASTED TOFU WITH AVOCADO AND POMEGRANATE SALSA

VEGAN, GF, DAIRY FREE, NUT FREE

FARRO RISOTTO WITH CHICKPEAS, ORANGE, AND SAGE

Finished with Parmesan

VEGETARIAN, NUT FREE, SOY FREE

GRILLED MIXED VEGETABLES WITH FRESH HERBS AND BALSAMIC

Onions, Zucchini, Yellow Squash, Eggplant, and Roasted Tomatoes

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

GARDEN SALAD OF ROMAINE AND SPINACH

Black Olives, Sliced Cucumbers, Tomatoes, and Candied Pepitas

Lemon-Herb Vinaigrette

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

GINGER COOKIES

VEGETARIAN, NUT FREE

lunch-in

WEDNESDAY 10/14/20

CHICKEN AND SHRIMP PAELLA

Chicken Thigh Meat, Calaspara Rice, Saffron and Smoked Paprika, Sweet Peppers, Peas, and Chorizo

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

PAELLA WITH DRIED MUSHROOMS AND TEMPEH

Calaspara Rice, Saffron and Smoked Paprika, Sweet Peppers and Mushrooms

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

CHICKPEAS WITH SPINACH AND ROASTED PEPPERS

Smoked Paprika, Sherry Vinegar, and Lemon

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

KALE SALAD WITH CREAMY CILANTRO-LIME DRESSING

Grape Tomatoes, Pepitas, Cucumbers, and Golden Raisins

VEGETARIAN, GF, NUT FREE, SOY FREE

CHOCOLATE CHIP BARS

VEGETARIAN, NUT FREE

lunch-in

THURSDAY 10/15/20

SZECHUAN BEEF

Tender strips of Beef sautéed with Tamari, Chili, Garlic, Sesame, Broccoli, and Green Onions

GF, DAIRY FREE, NUT FREE

FOR THE VEGETARIANS AND VEGANS

KUNG PAO TOFU

Stir-fried Tofu, Garlic, Ginger, Sweet Peppers, Dried Chilies, Sichuan Peppercorns, and Green Onions

VEGAN, GF, DAIRY FREE, NUT FREE

PINEAPPLE FRIED RICE

Pineapple, Bean Sprouts, Cabbage, Chilies, Tamari, and Sesame

VEGAN, GF, DAIRY FREE, NUT FREE

STIR-FRIED VEGETABLES

Carrots, Sweet Peppers, Mushrooms, Baby Bok Choy, Ginger, Tamari, Oyster Sauce, Sesame

VEGAN, GF, DAIRY FREE, NUT FREE

GARDEN SALAD WITH MISO GINGER DRESSING

Mixed Greens, Carrots, Cucumber, Tomatoes, and Fried Onions

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

ORANGE COCONUT COOKIES

VEGETARIAN, CONTAINS COCONUT

lunch-in

FRIDAY 10/16/20

SALMON AND CORN CHOWDER

Red Potatoes, Celery, Green Onions, Fresh Dill and Tarragon, Cream

NUT FREE, SOY FREE

FOR THE VEGETARIANS

TEMPEH AND CORN SOUP

Red Potatoes, Celery, Green Onions, Fresh Dill and Tarragon, Cream

VEGETARIAN, NUT FREE, SOY FREE

FRESH MELON AND CUCUMBER SALAD WITH BASIL AND LIME

Honeydew and Cantaloupe Melon with Cucumber, Basil, and lime

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

BLUEGRASS SALAD

Romaine Lettuce, Walnuts, Pears, Asparagus, Blue Cheese, Dried Cranberries
Balsamic Vinaigrette

VEGETARIAN, GF, SOY FREE

SOURDOUGH BREAD

VEGAN, DAIRY FREE, NUT FREE, SOY FREE

CHOCOLATE CHEESECAKE BROWNIES

VEGETARIAN, NUT FREE