

lunch-in

MONDAY 4/12/21

MEATBALLS

Beef Meatballs loaded with fresh herbs and Parmesan in our Tomato Sauce

GF, NUT FREE, SOY FREE

FOR THE VEGETARIANS

CAULIFLOWER, RICOTTA, AND SAGE MEATBALLS

Parsley, Parmesan, Eggs, and Worcestershire

VEGETARIAN, NUT FREE, SOY FREE

SPAGHETTI WITH OUR TOMATO SAUCE

Lots of fresh Basil and Parmesan

VEGETARIAN, NUT FREE, SOY FREE

GARLIC BREAD

Our version with lots of Garlic and Butter

VEGETARIAN, NUT FREE, SOY FREE

GREEN GODDESS SPINACH SALAD WITH TOMATOES, CARROTS, RADISHES, AND OLIVES

Green Goddess Dressing

VEGETARIAN, GF, NUT FREE, SOY FREE

CHEF'S CHOICE

VEGETARIAN, NUT FREE

lunch-in

TUESDAY 4/13/21

BERBERE' AND HONEY GRILLED CHICKEN BREAST

Our version of the Spice Mix with a hint of sweetness

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

BERBERE' AND HONEY MARINATED TOFU STEAKS

Our version of the Spice Mix with a hint of sweetness

VEGAN, GF, DAIRY FREE, NUT FREE

BARLEY RISOTTO WITH MARINATED FETA

Tomatoes, Lemon, Paprika, Caraway, and Oregano

VEGETARIAN, GF, NUT FREE, SOY FREE

CARAMELIZED CAULIFLOWER WITH MINT, PINE NUTS, LIME, AND YOGURT

VEGETARIAN, GF, SOY FREE

SPINACH, MELON, TOASTED ALMOND, AND PICKLED RED ONION SALAD

Honey-Balsamic Vinaigrette

VEGAN, GF, DAIRY FREE, SOY FREE

COFFEE TOFFEE

VEGETARIAN, CONTAINS NUTS!

lunch-in

WEDNESDAY 4/14/21

PARSEE RED CHICKEN CURRY

Boneless Chicken Thigh meat, Tomatoes, Red Peppers, and Spices

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

RED CURRY TEMPEH NUGGETS

Tomatoes, Red Peppers, and Spices

VEGAN, GF, DAIRY FREE, NUT FREE

FRIED BROWNED RICE(INDIAN)

Onion, Bay, Cloves, and Cinnamon

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

DILL GLAZED CARROTS AND GARDEN PEAS WITH CARAMELIZED ONIONS AND SPICES

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

MIXED GREENS SALAD WITH SPICY LIME-YOGURT DRESSING

Cucumbers, Red Onion, Cilantro, Carrots, Sweet Peppers, and Fried Onions

VEGETARIAN, GF, NUT FREE, SOY FREE

CARDAMOM SNICKERDOODLES

VEGETARIAN, NUT FREE

lunch-in

THURSDAY 4/15/21

COCHINITA PIBIL

Pork Shoulder slow cooked in Banana Leaves with Achiote, Cumin, Garlic, Onions, and Sour Orange Juice

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS, AND VEGETARIANS

BRAISED SEITAN, MUSHROOMS, AND CHOYOTE SQUASH PIBIL STYLE

Banana Leaves, Achiote, Cumin, Garlic, Onions, and Sour Orange Juice

VEGAN, DAIRY FREE, NUT FREE, SOY FREE

BLACK BEANS

Onion, Garlic, fresh Epazote

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

MEXICAN RICE

Tomato, Onion, and Garlic

VEGAN, GF, DAIRY FREE, 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 MORITA CON TOMATILLO

Morita Chiles, Tomatillos, Garlic, and Onion

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

CRUMBLLED COTIJA CHEESE

LIME WEDGES AND PICKLED ONIONS

CORN CHIPS

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

CORN TORTILLAS

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

ARUGULA AND STRAWBERRY SALAD WITH PEPITAS AND JICAMA

Zesty Strawberry-Lime Vinaigrette

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

COCONUT MUFFINS

VEGETARIAN, NUT FREE -contains coconut

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FRIDAY 4/16/21

HAMBURGERS WITH THE FIXINS'

All Beef Hamburgers with Cheddar Cheese
A Bun, Lettuce, Tomato, Sliced Red Onions, and Pickles
NUT FREE, SOY FREE

FOR THE VEGETARIANS

OUR VEGETARIAN BURGERS WITH THE FIXINS

Seared Chickpea, Mushroom, and Edamame Patties with Cheddar Cheese
Lettuce, Tomato, Sliced Red Onions, and Pickle Chips
VEGETARIAN, NUT FREE

ASSORTED POTATO CHIPS

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

MEDITERRANIAN PASTA SALAD WITH SUNDRIED TOMATOES, FRESH BASIL, SWEET PEPPERS, BLACK OLIVES, AND SMOKED GOUDA

Red Wine Vinegar and Roasted-Garlic Oil Dressing
VEGETARIAN, NUT FREE, SOY FREE

ARUGULA SALAD

Arugula, Pomegranate-Balsamic Dressing, Walnuts, Pickled Onions, and Feta Cheese
VEGETARIAN, GF, SOY FREE

BROWN BUTTER CRISPY TREATS

VEGETARIAN, NUT FREE