

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Chicken Curry Boneless Chicken Thighs, Onion, Garlic, Cumin, Paprika, Coriander, Turmeric, Ginger, Cayenne Pepper, Coconut Milk, Lemon, Tomato, Salt, Pepper, Cilantro	Grilled Andouille Sausage Sausage, Onions, Padron Peppers, Nardello Peppers, Grilled Onions, Beer	Beef Udon Noodle Bowl Beef, Dashi-Kombu, Shiitake Mushrooms, Bonito Flakes, Beef Bones, Green Onions, Tamari, Mirin, Sugar, Udon Noodles, Fish Cakes, Cilantro	Baked Catfish Catfish, Spice Rub- Salt, Pepper, Cayenne Pepper, Celery Seeds, Paprika, Thyme, Garlic, Oregano, Lime, Cilantro	Turkey Meatballs Turkey, Onions, Garlic, Cumin, Parsley, Oregano, Chili Flakes, Salt, Pepper, Blistered Cherry Tomatoes, Olives, Fresh Herbs, Greek Yogurt Sauce- Yogurt, Jalapeno, Cumin, Coriander, Garlic, Lemon, Salt, Pepper, Mint
Vegetable Mains	Channa Masala Chickpeas, Coriander, Cumin, Turmeric, Garam Masala, Ginger, Onion, Garlic, Jalapeño, Tomato, Salt, Lemon, Cilantro	Summer Grain Salad Pearl Couscous, Blistered Cherry Tomatoes, Mint, Parsley, Corn, Feta, Green Onions, Toasted Almonds, Lemon, Olive Oil, Salt and Pepper	Vegetarian Udon Noodle Bowl Udon Noodles, Dashi- Kombu, Shiitake Mushrooms, Tamari, Miso Paste, Tofu, Bok Choy, Green Onions, Cilantro, Korean Chili Flakes, Toasted Sesame Seeds and Oil	Black Eyed Pea Salad Peas, Shallots, Dill, Chives, Parsley, White Wine Vinegar, Olive Oil, Aleppo Chili Flakes, Salt, Pepper	Lentil Salad Black Lentils, Cherry Tomatoes, Cucumber, Red Onion, Dill, Parsley, Basil, Lemon, Olive Oil, Kalamata Olives, Salt, Pepper
Vegetable Side	Roasted Sweet Potatoes Sweet Potato, Eggplant, Spinach, Cumin, Garlic, Curry Powder, Mustard Seed, Turmeric, Salt, Olive Oil, Cilantro	Fig Salad Wild Arugula, Figs, Pecans, Honey, Balsamic Vinaigrette- Balsamic Vinegar, Dijon Mustard, Shallots, Honey, Olive Oil, Salt	Melon Salad Honeydew, Fennel, Toasted Pistachio, Chili Flakes, Lemon, Olive Oil, White Wine Vinegar, Basil, Salt	Corn Salad Shallots, Corn, Cucumber, Bell Pepper, Dill, Parsley, Feta Cheese, Buttermilk Dressing- Buttermilk, Yogurt, White Wine Vinegar, Onion, Garlic, Olive Oil, Salt, Pepper	Grilled Plum Salad Plums, Goat Milk Feta, Spinach, Honey, Champagne Vinegar, Toasted Almonds