

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Chicken Tikka Masala Chicken, Onions, Garlic, Ginger, Tomato, Coconut Milk, Garam Masala, Turmeric, Cumin, Coriander, Curry Leaves, Curry Powder, Lemon, Chili Flakes, Salt, Pepper, Cilantro	Lamb Sugo w/ Spaetzle Lamb, Carrots, Pearl Onions, Celery, Yukon Potatoes, Rosemary, Thyme, Oregano, Red Wine, Tomato, Salt, Pepper, Garlic, Chili Flakes, Lemon Juice, Spaetzle Pasta	Beef Barbacoa Bowl Beef Short Ribs, Tomato, Chipotle in Adobo, Garlic, Vegetable Stock, Salt, Pepper, Lime, Apple Cider Vinegar, Brown Sugar, Worcestershire, Cumin, Oregano, Chili Powder, Smoked Paprika, Clove, Cinnamon, Black Bean Salad- Black Beans, Bell Pepper, Cilantro, Cherry Tomatoes, Greens, Avocado Dressing - Avocado, Cilantro, Lime, Garlic, Greek Yogurt, Parsley, Chives, Salt, Pepper	Italian Pork Sandwich Pork Shoulder-Spice Mix-Coriander, Fennel Seeds, Salt, Black Pepper, Brown Sugar, Wild Arugula, Onion Marmalade-Onion, Brown Sugar, Olive Oil, Chili Flakes, Cider Vinegar, Ginger, Green Mayo-Mayo, Dijon Mustard, Lemon Zest and Juice, Parsley, Jalapenos, Focaccia	Seafood Chowder Onions, Celery, Yukon Potatoes, Clams, Bay Shrimp, Oysters, White Fish, Bay Scallops, Crab, Coconut Milk, Garlic, Salt, White Pepper, Gay Leaves, Thyme, Old Bay Seasoning
Vegetable Mains	Tofu Tikka Masala Tofu Onions, Garlic, Ginger, Tomato, Coconut Milk, Garam Masala, Turmeric, Cumin, Coriander, Curry Leaves, Curry Powder, Lemon, Chili Flakes, Salt, Pepper, Cilantro	Sweet Potato and White Bean Ragu Sweet Potatoes, Cannalini Beans, Carrots, Onions, Celery, Rosemary, Thyme, Oregano, Red Wine, Tomato, Salt, Pepper, Garlic, Chili Flakes, Lemon Juice	Vegetarian Taco Bowl Sweet Potatoes, Cumin, Ancho Chile Powder, Olive Oil, Salt, Pepper, Black Bean Salad- Black Beans, Bell Pepper, Cilantro, Cherry Tomatoes, Greens Avocado Dressing- Avocado, Cilantro, Lime, Garlic, Greek Yogurt, Parsley, Chives, Salt, Pepper	Grilled Vegetable Sandwich Grilled Eggplant, Red Peppers, Onion, Tomato, Wild Arugula, Mozzarella, Pesto-Basil, Spinach, Garlic, Lemon, Olive Oil, Walnuts, Salt, Focaccia	Hearts of Palm Chowder Onions, Celery, Yukon Potatoes, Coconut Milk, Garlic, Salt, White Pepper, Gay Leaves, Thyme, Hearts of Palm, Old Bay Seasoning
Vegetable Side	Cucumber Salad Cucumber, Red Onion, Mint, Cilantro, Lemon Dressing	Roasted Cauliflower w/ Mint Kale Pesto Cauliflower, Salt, Pepper, Garlic, Olive Oil, Chili Flakes, Pesto-Mint, Kale, Spinach, Walnuts, Nutritional Yeast, Lemon Juice, Olive Oil, Salt, Pine Nuts	Grilled Pineapple Salad Pineapple, Pickled Fresno Chiles, Purple Cabbage, Cilantro, Lime, Toasted Pumpkin Seeds, Salt, Pepper, Cumin	Brussels Sprout Salad Brussels Sprouts, Smoky Pecans, Mustard Vinaigrette, Pecorino Cheese, Salt, Pepper	Grilled Carrots w/ Romesco Carrots, Arugula, Salt, Pepper, Garlic, Grape Seed Oil, Romesco Sauce- Bell Pepper, Bread, Almonds, Salt, Pepper, Garlic, Red Wine Vinegar, Olive Oil, Lemon Juice, Balsamic Reduction