

| Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Meat, Fish, and Seafood Mains | <p>Spicy Cajun Style Shrimp</p> <p>Shrimp, Olive Oil, Granulated Garlic, Onion Powder, Cayenne Pepper, Chili Powder, Paprika, Oregano, Thyme, Salt, Pepper Fresh Herbs, Lemon</p> | <p>Turkey Larb Bowl</p> <p>Ground Turkey, Serrano Chiles, Garlic, Green Onions, Fish Sauce, Tamari, Sambal Chili Sauce, Lime, Pickled Onions, Mint, Cilantro, Steamed Heirloom Brown Rice, Lettuce Cups</p> | <p>Jerk Chicken Legs with Scallion-Pepper Sauce</p> <p>Bone in Chicken Legs, Onions, Scallions, Garlic, Tamarind Paste, Olive Oil, Apple Cider Vinegar, Thyme Leaves, Lime Juice, Brown Sugar, Bay Leaves, Cinnamon, Allspice, Nutmeg, Bell Pepper, Jalapeño, Parsley Salt, Black Pepper</p> | <p>Roast Beef Sandwiches w/ Horseradish Creme Fraiche</p> <p>Roast Beef Parsley, Thyme, Rosemary Garlic, Olive Oil, Bell Pepper, Red Onions, Arugula, Horseradish Sauce: Creme Fraiche, Horseradish, Worcestershire Sauce, Salt, Pepper.</p> | <p>Grilled Mahi Mahi w/ Roasted Asparagus Crudo</p> <p>Mahi Mahi, Salt, Pepper, Asparagus Crudo- Asparagus, Salt, Pepper, Roasted Red Bell Pepper, Basil, Garlic, Shallots, Lemon Juice, Micro Greens</p> |
| Vegetable Mains | <p>Mango and Black Bean Salad</p> <p>Quinoa, Black Beans, Shallots, Mango, Lime Juice, Salt, Fennel Seeds, Cumin Seeds</p> | <p>Spicy Yuba Strip Larb Bowl</p> <p>Spicy Yuba Strips, Serrano Chiles, Garlic, Green Onions, Tamari, Sambal Chili Sauce, Lime, Pickled Onions, Mint, Cilantro, Steamed Heirloom Brown Rice, Lettuce Cups</p> | <p>Jerk Tofu with Scallion-Pepper Sauce</p> <p>Tofu, Onions, Scallions, Garlic, Tamarind Paste, Olive Oil, Apple Cider Vinegar, Thyme Leaves, Lime Juice, Brown Sugar, Bay Leaves, Cinnamon, Allspice, Nutmeg, Bell Pepper, Jalapeño, Parsley Salt, Black Pepper</p> | <p>Portobello mushrooms Sandwiches</p> <p>Parsley, Thyme, Rosemary Garlic, Olive Oil, Bell Pepper, Red Onions, Arugula, Horseradish Sauce: Creme Fraiche, Horseradish, Worcestershire Sauce, Salt</p> | <p>Penne Pasta w/ White Beans and Asparagus</p> <p>Penne Pasta, White Beans, Peas, Asparagus, Lemon Juice and Zest, Yellow Onion, Bell Pepper, Thyme, Oregano, Olive Oil, Salt, Pepper, Fresh Herbs</p> |
| Vegetable Side | <p>Slow Cooked Collard Greens</p> <p>Collard Greens, Onions, Garlic, Apple Cider Vinegar, Salt, Pepper, Red Chili Flakes</p> | <p>Spicy Chili Long Beans</p> <p>Long Beans, Garlic, Tamari, Chili Sauce, Grape Seed Oil</p> | <p>Leek and Apple Salad</p> <p>Apples, Leeks, Greens, Walnuts, Dressing, Olive Oil, Apple Cider Vinegar, Dijon Mustard, Garlic, Shallot, Maple Syrup-, Salt, Black Pepper</p> | <p>Roasted Root Vegetables</p> <p>Beets, Parsnips, Carrots, Onions, Garlic, Olive Oil, Salt Pepper</p> | <p>Roasted Brussels Sprouts</p> <p>Brussels Sprouts, Salt, Pepper, Olive Oil, Dried Cranberries, Farmers Cheese, Balsamic Reduction</p> |