

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Greek Shrimp with Tomatoes and Feta Shrimp, Salt, Pepper, Tomato, Onion, Olive Oil, Garlic, Bell Pepper, Capers, Red Chili Flakes, Oregano, Parsley, Green Onion, Feta Cheese	Turkey Dhansak Turkey, Salt, Pepper, Garlic, Tomato, Onion, Ginger, Garam Masala, Chili Powder, Stock, Bay Leaves, Greek Yogurt, Brown Rice, Cilantro	Seared Ahi Tuna Bowl Tuna, Sesame Seeds, Sesame Oil, Cucumber, Edamame, Pickled Ginger, Steamed Rice, Pea Sprouts, Unagi Sauce, Wasabi	Bistec Sandwiches Thinly Sliced Beef, Sauteed Onions, Avocado, Swiss Cheese, Garlic Mayonnaise, Hoagie Roll, Served w/ House Made- Pique Sauce	Garganelli Pasta with Italian Pork Sausage and Heirloom Tomato Sauce Spicy Pork Sausage, Red Onion, Celery, Garlic, Fresno Chiles, Heirloom Tomatoes, Balsamic, Olive Oil, Oregano, Thyme, Pasta, Parmesan Cheese
Vegetable Mains	Mediterranean Couscous Pearl Couscous, Salt, Pepper, Vegetable Stock, Garlic, Raisins, Pine Nuts, Fennel, Onion, Bell Pepper, Arugula, Dried Thyme, Balsamic Reduction	Vegetarian Curry TVP, Grape Seed Oil, Tomato, Potatoes, Onion, Garlic, Salt, Pepper, Yellow Curry, Mustard Seeds, Fennel Seeds, Turmeric, Fenugreek Seeds	Sesame Tofu Bowl Tofu, Sesame Seeds, Panko, Egg, Sesame Oil, Cucumber, Edamame, Pickled Ginger, Steamed Rice, Pea Sprouts, Unagi Sauce, Wasabi	Vegetarian Sandwiches Roasted red peppers, Sauteed Onions, Organic Greens, Heirloom Tomatoes, Avocado, Jack Cheese Cilantro-Lime Mayonnaise Hoagie Roll, Served w/ House Made Pique Sauce	Roasted Spaghetti Squash w/ Slow Cooked Tomato and Mushroom Sugo Spaghetti Squash, Heirloom Tomatoes, Onion, Garlic, Basil, Roasted Mushrooms, Olive Oil, Salt, Pepper, Parmesan Cheese
Vegetable Side	Roasted Carrots with Spinach Pesto Carrots, Salt, Pepper, Grape Seed Oil, Pesto-Spinach, Nutritional Yeast, Grape Seed Oil, Garli, Lemon Juice, Salt	Shaved Broccoli Salad Broccoli, Roasted Red Bell Pepper, Grape Seed Oil, Salt, Pepper, Garam Masala, Mustard Seeds, Lemon Juice, Coriander, Cumin, Cilantro	Charred Cabbage Salad w/ Ginger Miso Dressing Cabbage, Green Onions, Toasted Sesame Seeds, Ginger Miso Dressing- Tamari, Miso Paste, Rice Vinegar, Brown Sugar, Mirin, Ginger, Garlic, Sesame Oil, Chili Flakes, Salt, White Pepper	Grilled Corn Salad Local Corn, Pickled Fresno Chiles and Red Onions, Cilantro, Lime, Cumin, Queso Fresco, Olive Oil, Salt, Pepper	Endive Salad w/ Figs and Walnuts Red Endive, Figs, Walnuts, Roasted Onions, Garlic, Thyme, Whole Grain Mustard, Sherry Vinegar, Olive Oil, Salt, Pepper, Honey