

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Dry Rubbed Skirt Steak w/ Spicy Red Pepper Sauce Skirt Steak, Salt, Pepper, Hot Smoked Paprika, Cumin, Coriander, Onion, Garlic Powder Spicy Red Pepper Sauce- Harissa, Bell Pepper, Tomato, Garlic, Onion, Cilantro, Lime, Red and White Wine Vinegar, Fresno Chiles, Kale, Spinach	Za'atar Rubbed Salmon w/Fennel and Tomato Salad Salmon, Salt, Pepper, Za'atar, Garlic, Fennel, Cherry Tomatoes, Red Onion, Capers, Olive Oil, Balsamic Reduction	Tandoori Style Chicken Legs Chicken Legs, Greek Yogurt, Olive oil, Garlic, Ginger, Garam Masala, Turmeric, Cayenne Pepper, Smoked Paprika, Coriander, Lemon, Cilantro, Salt, Black Pepper.	Duck Fried Rice Duck, Salt, Pepper, Coriander, Juniper Berry, Ginger, Cumin, Clove, Garlic, Brown Rice, Onion, Carrot, Celery, Red Bell Pepper, Green Peas, Tamari, Green Onion	Salvadorian Pork Pupusas Pork, Olive Oil, Green Bell Pepper, Garlic, Onions, Tomatoes, Mozzarella Cheese, Corn Flour, Cumin, Salt, Black Pepper. Salsa- Tomatoes, Onions, Jalapeño, Garlic, White Vinegar, Cumin, Oregano, Salt, Black Pepper. Garnish- Cabagge, Carrots, Onions, White Vinegar, Oregano, Chilli Flakes, Salt, Black Pepper
Vegetable Mains	Lentil and Soyrizo Stew Black Lentils, Onion, Garlic, Soyrizo, Tomato Paste, Cumin, Sweet Paprika, Corn Stock, Cloves, Cilantro, Olive Oil	Mediterranean Tofu w/Quinoa Tofu, Red Quinoa, Red Onion, Roasted Red Bell Pepper, Olives, Dressing- Olive Oil, Red Wine Vinegar, Garlic, Dijon Mustard, Lemon Juice, Oregano, Pepper, Red Chili Flakes, Maple Syrup, Parsley	Vegetarian Indian Stew Olive Oil, Onions, Garlic, Ginger, Carrots, Potatoes, Chickpeas, Vegetable Broth, Coconut milk, Garam Masala, Curry Powder, Lemon Juice, Cilantro, Greek Yogurt, Salt, Black Pepper	Veggie Fried Rice Seitan, Brown Rice, Onion, Carrot, Celery, Red Bell Pepper, Green Peas, Tamari, Green Onion	Salvadorian Vegetable Pupusas Zucchini, Spinach, Olive Oil, Green Bell Pepper, Garlic, Onions, Tomatoes, Mozzarella Cheese, Corn Flour, Cumin, Salt, Black Pepper. Sauce- Tomatoes, Onions, Jalapeño, Garlic, White
Vegetable Side	Cucumber Salad Cucumbers, Creme Fraiche, Red Onion, White Wine Vinegar, Dijon Mustard, Olive Oil, Dill, Salt, Pepper	Babaganoush Eggplant, Olive Oil, Garlic, Tahini, Cumin, Salt, Lemon Juice, Pita Bread	Roasted Cauliflower Salad Cauliflower, Grape Seed Oil, Garlic, Cumin, Paprika, Curry Powder, Lime Juice, Cilantro, Salt, Black pepper.	Shaved Broccoli Salad w/Sweet and Sour Sauce Broccoli, Red Onions, Red Bell Pepper, Sweet and Sour Sauce- Tamari, Ginger, Lime Juice, Rice Wine Vinegar, Brown Sugar, Green Onion, Cashews	Apple Salad w/ Maple Vinaigrette Fuji Apple, Mixed Greens, Cranberries, Pecans, Feta Cheese, Dressing - Maple Syrup, Apple cider vinegar, Lemon Juice, Olive Oil, Dijon Mustard, Salt, Black Pepper