

| Menu                                 | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--------------------------------------|--|---|---|---|--|
| <b>Meat, Fish, and Seafood Mains</b> | <p><b>Shrimp Gambas w/ Roasted Red Pepper Sauce and Grilled Lemon</b></p> <p>Shrimp, Garlic, Salt, Pepper, Chili Flakes, Olives, Lemon, Rosmosco Sauce-Red Peppers, Tomato, Garlic, Bread, Olive Oil, Red Wine Vinegar, Salt, Blistered Shishito Peppers</p> | <p><b>Korean Style Pork w/ Chile Honey Glaze</b></p> <p>Pork, Dried Shiitake Mushroom Powder, Red Miso Paste, Salt, Chile Honey Glaze- Grape Seed Oil, Chiles, Onion, Garlic, Ginger, Gochujang, Tamari, Rice Vinegar, Honey, Garnish w/ Scallions and Sesame Seeds</p> | <p><b>Smoked Salmon Toast</b></p> <p>Grain Bread, Salmon, Cream Cheese, Red Onions, Cherry Tomatoes, Cucumbers, Dill, Capers, Lemon, Olive Oil, Salt, Black Pepper</p>        | <p><b>Cuban Piccadillo</b></p> <p>Beef Short ribs, Olive Oil, Onion, Garlic, Bay Leaves, Beef Chorizo, White Wine, Tomato, Spanish Olives, Raisins, Dried Oregano, Cumin, Cayenne Pepper, Salt, Fresh Herbs</p> | <p><b>Chicken Korma</b></p> <p>Chicken Thighs, Rice Bran Oil, Garam Masala, Curry Powder, Salt, Pepper, Onion, Garlic, Turmeric, Coriander, Cinnamon, Cumin, Cardamom, Nutmeg, Tomato, Ginger, Almonds, Coconut Milk, Lemon Juice, Green Onion</p> |
| <b>Vegetable Mains</b>               | <p><b>Vegetarian Spanish Rice</b></p> <p>Rice, Tomato, Bell Peppers, Onion, Garlic, Castelvetrano and Kalamata Olives, Turmeric, Saffron, Chickpeas, Paprika, Cayenne Pepper, Lemon, Fresh Herbs, Chile Threads</p>  | <p><b>Cold Udon Noodle Salad</b></p> <p>Udon Noodles, Carrots, Napa Cabbage, Edamame, Pea Shoots, Cilantro, Sesame Seeds, Peanut Dressing- Peanut Butter, Tamari, Rice Wine Vinegar, Sesame Seed Oil, Brown Sugar, Ginger</p>   | <p><b>Butternut Squash Toast</b></p> <p>Grain Bread, Butternut Squash, Red Onions, Cherry Tomatoes, Cucumbers, Sprouts, Goat Cheese, Lemon, Olive Oil, Salt, Black Pepper</p> | <p><b>Vegetarian Piccadillo</b></p> <p>Seitan, Olive, Oil, Onion, Garlic, Bay Leaves, Soyrizo, White Wine, Tomato, Spanish Olives, Raisins, Dried Oregano, Cumin, Cayenne Pepper, Salt, Fresh Herbs</p>         | <p><b>Kadai Masala</b></p> <p>Paneer, Coriander, Chili Powder, Cardamom, Fennel, Clove, Rice Bran Oil, Onion, Ginger, Garlic, Tomato, Garam Masala, Salt, Pepper, Brown Sugar, Coconut Milk, Bell Pepper, Fenugreek, Green Onion, Lemon Juice</p>  |
| <b>Vegetable Side</b>                | <p><b>Roasted Potatoes w/ Fresh Herbs</b></p> <p>Yukon Potatoes, Garlic, Olive Oil, Fresh Herbs, Lemon, Salt</p>   | <p><b>Cucumber Kimchi</b></p> <p>Kimchi, Cucumber, Napa Cabbage, Rice Vinegar, Korean Chili Flakes, Salt</p>  | <p><b>Roasted Brussel Sprouts Salad</b></p> <p>Brussels Sprouts, garlic, olive oil, Cranberries, Pomegranate Seeds, Parmesan Cheese, Salt, Black Pepper</p>                   | <p><b>Cuban Black Beans and Rice</b></p> <p>Black Beans, Brown Rice, Garlic, Onion, Bay Leaves, Cumin, Red Bell Peppers, Dried Oregano, Salt, Pepper, Olive Oil, Cayenne Pepper, Lime Juice, Cilantro</p>       | <p><b>Roasted Cauliflower</b></p> <p>Cauliflower, Salt, Pepper, Grape Seed Oil, Garama Masala, Tomato, Curry Powder, Turmeric, Garlic, Lemon Juice</p>   |