

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Pork and Black Eyed Pea Chile Verde Pork Shoulder, Onion, Garlic, Tomatillos, Coriander, Cumin, Black Eyed Peas, Pasilla Peppers, Serrano Chiles, Cilantro, Creme Fraiche, Queso Fresco Cheese, Salt, Pepper	Jamaican Jerk Chicken Legs Chicken Legs, Scallions, Garlic, Onions, Habanero Pepper, Lime Juice, Ginger, Soy Sauce, White, Vinegar, Brown Sugar, Allspice, Nutmeg, Cinnamon, Thyme, Salt, Black Pepper, Fresh Herbs	Slow Cooked BBQ Beef Sandwich Beef Short Ribs, Salt, Pepper, Cumin, Chili Powder, Brown Sugar, Granulated Garlic, BBQ Sauce- Tomato, Onion, Tamari, Brown Sugar, Apple Cider Vinegar, Garlic, Slaw- Green Cabbage, Red Bell Pepper, Cilantro, Olive Oil, Apple Cider Vinegar, Lemon Juice, Dijon Mustard, Salt, and Pepper, Crispy Onions, Bread	Duck Noodle Bowl Duck Breast and Shredded Duck, Rice Noodles, Daikon, Bamboo Shoots, Cilantro, Duck Broth, Mushrooms, Ginger, Garlic, Scallions, Mint	Shrimp and Chicken Jambalaya Shrimp, Chicken, Andouille Sausage, Onion, Celery, Bell Pepper, Tomato, Blackening Seasoning- Cayenne Pepper, Salt, Black Pepper, Onion Powder, Garlic Powder, Thyme, Oregano, Paprika, Brown Rice
Vegetable Mains	Vegetarian Jackfruit and Black Eyed Pea Chile Verde Green Jackfruit, Onion, Garlic, Tomatillos, Coriander, Cumin, Black Eyed Peas, Pasilla Peppers, Serrano Chiles, Cilantro, Creme Fraiche, Queso Fresco Cheese, Salt, Pepper	Jerk Style Cauliflower Cauliflower, Scallions, Garlic, Onions, Habanero Chile, Lime Juice, Ginger, Soy Sauce, White, Vinegar, Brown Sugar, Allspice, Nutmeg, Cinnamon, Thyme, Salt, Black Pepper, Fresh Herbs	Grilled BBQ Tofu Sandwich Tofu, Salt, Pepper, Cumin, Chili Powder, Brown Sugar, Granulated Garlic, BBQ Sauce- Tomato, Onion, Tamari, Brown Sugar, Apple Cider Vinegar, Garlic, Slaw- Green Cabbage, Red Bell Pepper, Cilantro, Olive Oil, Apple Cider Vinegar, Lemon Juice, Dijon Mustard, Salt, and Pepper, Crispy Onions, Bread	Vegetarian Noodle Bowl Tofu, Rice Noodles, Daikon, Bamboo Shoots, Cilantro, Mushroom Broth, Mushrooms, Ginger, Garlic, Scallions, Mint	Red Beans and Rice Red Beans, Seitan, Onions, Celery, Bell Pepper, Vegetable Stock, Blackening Seasoning- Cayenne Pepper, Salt, Black Pepper, Onion Powder, Garlic Powder, Thyme, Oregano, Paprika, Brown Rice
Vegetable Side	Quinoa and Black Bean Salad Persimmons, Black Beans, Quinoa, Cilantro, Lime, Pickled Fresno Chiles, Cucumber, Bell Pepper, Green Onion, Salt, Pepper, Cumin	Baked Plantains Plantains, Grape Seed Oil, Sweet Paprika, Chilli Powder, Sriracha Sauce, Honey, Coconut Flakes, Salt.	Shaved Brussels Sprout Slaw Shaved Brussels Sprouts, Shaved Fennel, Red Onion, Red Bell Pepper, Green Onion, SunFlower Seeds, Olive Oil, Dijon Mustard, Apple Cider Vinegar, Cilantro, Red Chili Flakes, Salt	Vietnamese Salad Cabbage, Carrots, Cucumber, Bell Pepper, Mint, Cilantro, Toasted Peanuts, Fresno Chiles, Crispy Onions, Dressing- Rice Wine Vinegar, Lime, Ginger, Sambal, Garlic, Brown Sugar, Grape Seed Oil	Roasted Sweet Potato Salad Sweet Potatoes, Red Onion, Arugula, Creme Fraiche, Lemon, Lemon, Cumin, Salt, Pepper, Dijon Mustard