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| **Breakfast** | |
| **global (special)** | **breakfast potato** |   | onion, salt, pepper |
|  | **veggie scramble** |   | broccoli, mushroom, onion, spinach, tomato |
|  | **scrambled eggs** | |
|  | **bacon** |
|  | **breakfast vegetarian patty** | |
|  | **sticky rice** | |
|  | **edamame stir fry** |   **Special Instructions:** , onion, tomato, mixed sweet peppers, salt & pepper, soy sauce |
|  | **tofu scramble** |   **Special Instructions:** olive oil, salt, pepper |
|  | **sautéed kale & marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **breakfast pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **Grill (special)** | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onion, and yogurt mint dressing on a sesame bun |
|  | **classic cheese burger** |  | lettuce, tomatoes, onions, cheddar cheese, and american dressing on a sesame bun |
|  | **substitute lettuce wrap for any burger or sandwich** |
|  | **impossible patty melt** |   | dis sliced bread, follow your heard vegan American cheese |
|  | **fries** | |
|  | **waffle fries** | |
| **herbivore (special)** | **tex mex bowl** | |
|  | **chipotle lime brown rice** | |
|  | **baked achiote marinated garbanzos** | |
|  | **grilled corn** |   | red onion, lime juice, cilant |
|  | **roasted carrots** |   | ancho chile spice, salt , pepper, olive oil |
|  | **vegan chipotle lime aioli** |  | vegan mayo, smoked chipotle peppers , salt, lime juice , agave |
|  | **vegan cheese** | |
| **global (special)** | **honey garlic chicken stir fry** |   **Special Instructions:** marinate chicken thigh , garlic, ginger, soy sauce, shaoxing, white pepper, sesame oil, orange zest and juice sauce soy sauce, brown sugar, chicken broth, orange zest, ginger, garlic, honey | contains sesame oil! JF Organic Farms |
|  | **vegan fried rice** |   | sesame oil, peas, carrot, celery, onion, garlic |
|  | **steamed broccoli** | |
|  | **fried tofu with orange glaze** | |
| **oasis (special)** | **quinoa pilaf** |    | onion, carrot, celery, salt, pepper, |
|  | **lentil stew** |   | onion, carrot, celery, tomato, salt, pepper |
|  | **roasted cauliflower** |   | olive oil, salt, pepper |
|  | **roasted zucchini & yellow squash baby heirloom tomato** | olive oil, salt, pepper |
|  | **agave glazed pork loin** | |
|  | **allergy free roasted chicken breast** |    | salt, pepper, olive oil |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **Tuscan kale & grilled chicken salad** |  | Tuscan kale & arugula salad mix, grilled chicken, heirloom cherry tomatoes, dried cranberries, garlic, blue cheese , parsley vinaigrette |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **slice smoked ham** | |
|  | **sliced turkey breast** |
|  | **roasted marinated portobello mushroom** |   **Special Instructions:** mix all ingredients in a bowl and marinate mushrooms for 6 hours roast 350 f for 10 minutes, slice on angle 2 inch by 3.5 | balsamic vinegar, olive oil, salt, pepper, fresh herbs |
|  | **shredded ice berg lettuce** | |
|  | **fresh sliced tomato** | |
|  | **sliced sweet red onion** | |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **pepita pesto** |   | basil, parsley, salt, pepper, lemon juice, canola oil, nutritional yeast, pepita |
|  | **mayonnaise** |  | contains soy bean oil |
|  | **roasted piquillo peppers** | |
|  | **avocado spread** |   | lime juice, salt, pepper, avocado |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **shrimp scampi pizza** |  | shrimp , garlic oil, parmesan cheese, parsley, mozzarella cheese, marinara, |
|  | **pepperoni** |
| **Soup (special)** | **seafood cioppino** |  | shrimp, salmon, onion, garlic, celery, tomato, basil, salt, pepper |
|  | **vegetable barley soup** |  | spinach, basil, butternut squash, carrot, celery, onion, garlic, kidney bean, white beans, thyme , tomato paste, pearl barley salt, pepper |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |
| **Dinner** | |
| **Grill (special)** | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onion, and yogurt mint dressing on a sesame bun |
|  | **classic cheese burger** |  | lettuce, tomatoes, onions, cheddar cheese, and american dressing on a sesame bun |
|  | **street taco bar** | |
|  | **grilled chicken** | |
|  | **carne asada** | |
|  | **pork carnitas** | |
|  | **corn tortillas** | |
| **herbivore (special)** | **taco bar sides** | |
|  | **pinto beans** | |
|  | **spanish rice** | |
|  | **chips & salsa** | |
|  | **guacamole** |   | onion, lemon juice, pepper, cilantro |
| **global (special)** | **pasta bar** |
|  | **grilled chicken breast** |    | olive oil, salt, pepper, rosemary, thyme |
|  | **steamed broccoli** |
|  | **roasted pepper medley** |   | olive oil, salt, pepper |
|  | **sautéed mushroom & spinach** |   | olive oil, salt, pepper |
|  | **plant base beef** | |
|  | **marinated tomatoes** |   | olive oil, salt, pepper, garlic, basil |
|  | **parmesan cheese** | |
|  | **dinner rolls** |  | contan egg! |
|  | **Alfredo sauce** |   | heavy cream, basil, salt, pepper, cream cheese, parmesan cheese, garlic |
|  | **marinara sauce** |   | tomato, garlic, onion, celery, carrot, basil, oregano, thyme, chili flakes, |
| **oasis (special)** | **allergy free chicken** |   | olive oil, salt, pepper, fresh herbs |
|  | **beef stew** | |
|  | **roasted broccolini** |   | olive oil, salt, pepper |
|  | **vegetable medley** | |
|  | **brown rice** | |
|  | **achiote chickpea cake pineapple salsa** |   | onion, cilantro, garbanzo, cumin, baking powder, gluten free flour, salt, pepper |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **Tuscan kale & grilled chicken salad** |  | Tuscan kale & arugula salad mix, grilled chicken, heirloom cherry tomatoes, dried cranberries, garlic, blue cheese , parsley vinaigrette |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **shrimp scampi pizza** |  | shrimp , garlic oil, parmesan cheese, parsley, mozzarella cheese, marinara, |
| **Soup (special)** | **seafood cioppino** |  | shrimp, salmon, onion, garlic, celery, tomato, basil, salt, pepper |
|  | **vegetable barley soup** |  | spinach, basil, butternut squash, carrot, celery, onion, garlic, kidney bean, white beans, thyme , tomato paste, pearl barley salt, pepper |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |

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| **Breakfast** | |
| **Grill (special)** | **omelette bar** | |
|  | **spinach** | |
|  | **broccoli** | |
|  | **dice tomato** | |
|  | **dice onion & peppers** | |
|  | **tofu** | |
|  | **dice ham** | |
| **herbivore (special)** | **smoothie bar** | |
| **global (special)** | **scrambled eggs** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **tater tot** | |
|  | **breakfast vegetarian patty** | |
|  | **pork link** | |
|  | **brown rice** | |
|  | **scrambled tofu** |   **Special Instructions:** scrambled tofu , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **cannellini beans** | |
|  | **turmeric vegetarian quinoa** | |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **breakfast pastry bar** |  | Danish, croissant, |
|  | **pumpkin muffin** | |
|  | **double chocolate muffin** | |
|  | **banana muffin** | |
| **Lunch** | |
| **Grill (special)** | **cheese burger** |   | beef patty, cheese |
|  | **fries** | |
|  | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onions, and yogurt mint dressing on a sesame bun |
|  | **substitute lettuce wrap for any burger or sandwich** |
|  | **waffle fries** | |
| **herbivore (special)** | **shitake bao bun** | |
|  | **marinated Shitake mushrooms** |  | gf soy sauce, garlic, ginger, chives, brown sugar |
|  | **pickle radish & carrots** |   | dikon, carrot, rice vinegar, sugar, salt, pepper, fresh cilantro |
|  | **edamame & cucumber salad** |   | korean chili, rice vinegar, sugar, cilantro, edamame |
| **global (special)** | **sopes bar** | |
|  | **spanish rice** |   **Special Instructions:** vegan butter, onion, chayote, carrot |
|  | **refried black beans** |   **Special Instructions:** onion, salt, pepper |
|  | **carne asada** | |
|  | **adobo baked tofu** |   **Special Instructions:** achiote, orange juice, salt, pepper, agave, canola oil, garlic |
|  | **chicken tinga** | |
|  | **shredded lettuce** | |
|  | **cotija cheese** | |
|  | **pico de gallo** | |
|  | **green & red salsa** | |
| **oasis (special)** | **lamb stew** |   | carrot, celery, onion, garlic, thyme , rosemary, tomato paste |
|  | **simply roasted apricot glazed chicken breast** |     | canola oil, salt , pepper, fresh herbs Babe Farms |
|  | **parsley baby heirloom carrots** |    | olive oil, salt, pepper, parsley Babe Farms |
|  | **roasted beets & kale** |   | olive oil, salt, pepper |
|  | **root vegetable ragù** |   | turnips, celery, onion, carrot, potato, leeks, parsnip, rosemary, parsley, white wine, tomato , bay leaf, salt , pepper , tomato paste. |
|  | **herb roasted rosemary potatoes** |   | olive oil, fresh herbs, salt , pepper |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **sliced turkey breast** |
|  | **fresh sliced tomato** | |
|  | **sliced sweet red onion** | |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **pepita pesto** |   | basil, parsley, salt, pepper, lemon juice, canola oil, nutritional yeast, pepita |
|  | **mayonnaise** |  | contains soy bean oil |
|  | **roasted piquillo peppers** | |
|  | **avocado spread** |   | lime juice, salt, pepper, avocado |
|  | **sliced salami** | |
|  | **roasted vegetables** |   | zucchini , yellow squash, red onion, sliced mushrooms, salt, pepper, olive oil |
|  | **organic arugula** |     | JF Organic Farms |
| **Soup (special)** | **zuppa toscana** |  | bacon, Italian sausage, garlic, onion, chicken broth, potato, kale, heavy cream, salt, pepper, parmesan cheese |
|  | **vegan tomato bisque** |   | coconut milk, onion, garlic, celery, carrot, fresh herbs, roasted tomatoes, tomato paste |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |
|  | **strawberry short cake** | |
| **Dinner** | |
| **Grill (special)** | **grilled cheese** | |
|  | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onions, and yogurt mint dressing on a sesame bun |
|  | **substitute lettuce wrap for any burger or sandwich** |
| **herbivore (special)** | **sriracha aioli** |   | contains soy ! |
|  | **watermelon poke bowl** |   | soy sauce, seaweed , sesame oil, brown sugar |
|  | **sushi rice** |   | rice vinegar, sugar |
|  | **pickled shredded carrot** |   | rice vinegar, sugar, |
|  | **mango** | |
|  | **edamame** | |
|  | **seaweed salad** | |
|  | **red onion** | |
| **global (special)** | **mongolian beef** |  **Special Instructions:** 3# beef cut 1/4" sliced marinate with 1 tbs baking soda, 1 tbs white pepper, soy sauce 1.5 oz, corn starch 6 tbsp, 1 beaten egg white mix well let marinate over night sauce : 1.5 cup water, 1 cup soy sauce, 1 cup hoisin sauce, sugar 1 cup, 1/4 cup sriracha, 1/4 ketchup, 1oz rice vinegar, finish with corn Starch, slurry | onion, pepper, garlic, |
|  | **vegetarian fried rice** |   | sesame oil, garlic, egg, peas, carrot, soy sauce, celery, onion |
|  | **vegetable stir fry** |   | garlic, onion, sesame seed oil, soy sauce, corn starch, brown sugar |
|  | **mongolian inspired fried tofu** | |
| **oasis (special)** | **root vegetable ragù** |   | turnips, celery, onion, carrot, potato, leeks, parsnip, rosemary, parsley, white wine, tomato , bay leaf, salt , pepper , tomato paste. |
|  | **quinoa primavera** |    | carrot celery Kenter Canyon Farms |
|  | **sauteed spinach & roasted fennel** |   | olive oil, salt, pepper |
|  | **roasted delicata squash** |   | olive oil, salt, pepper, agave |
|  | **baked pesto chicken bruschetta** |     | heirloom tomatoes, capers, basil, shallots, olive oil, white balsamic, lemon juice pepita pesto, olive oil, salt, pepper, shallot, basil, Mary's Chicken Kenter Canyon Farms |
|  | **allergy free sirloin** |   | olive oil, salt, pepper |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **margarita pizza** | |
|  | **carne asada pizza** | green tomatillo salsa, mozzarella cheese, red onion, cilantro |
|  | **roasted veggie pizza with gluten free crust** | |
| **Soup (special)** | **zuppa toscana** |  | bacon, Italian sausage, garlic, onion, chicken broth, potato, kale, heavy cream, salt, pepper, parmesan cheese |
|  | **vegan tomato bisque** |   | coconut milk, onion, garlic, celery, carrot, fresh herbs, roasted tomatoes, tomato paste |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |
|  | **strawberry short cake** | |

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| **Breakfast** | |
| **Grill (special)** | **sausage & cheese omelette** | |
|  | **omelette bar** | |
|  | **sausage & cheese omelette** | |
| **herbivore (special)** | **smoothie bar** | |
| **global (special)** | **scrambled tofu** |   **Special Instructions:** scrambled tofu , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **bacon scramble** | |
|  | **scrambled eggs** | |
|  | **breakfast potato** |   **Special Instructions:** potato, olive oil, salt, pepper |
|  | **turkey bacon** |
|  | **breakfast vegetarian patty** | |
|  | **quinoa** |   | onion, carrot, celery, turmeric, pepper medley |
|  | **sauteed chickpeas** |   | onion, tomato, garlic, cilantro, salt, pepper, spinach |
|  | **marinated cherry tomatoes & broccoli** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **breakfast pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **sriracha salmon burger** |  | sriracha aioli, arugula, tomato, red onion, brioche bun |
|  | **fries** | |
|  | **onion rings** | |
| **herbivore (special)** | **salvadorian inspired potato tacos** |   | corn tortilla, potato, salt pepper |
|  | **fried potato taco** |   | corn tortilla, salt, pepper, potato |
|  | **shredded lettuce** | |
|  | **dice tomato** | |
|  | **salsa** |   | tomato, onion, garlic, cilantro, cumin, salt, pepper |
|  | **curtido ( salvadorian slaw)** |   | apple cider vinegar, sugar, oregano, salt, pepper |
| **global (special)** | **teriyaki bowl** | |
|  | **sticky rice** | |
|  | **teriyaki chicken** | |
|  | **fried tofu** | |
|  | **teriyaki inspired sauce** |   | soy sauce, pineapple juice, garlic, ginger, sesame oil, |
|  | **steam vegetable medley** |   | cabbage, carrot, broccoli |
|  | **togarashi** |   | spice chili blend |
| **oasis (special)** | **pepper steak** |   | flap meat, pepper medley, onion, garlic, ginger, mushrooms |
|  | **korean inspired roasted potatoes** |   | garlic, korean chili, liquid aminos, green onion |
|  | **spicy savoy spinach** |   | korean chili, liquid aminos, canola oil, salt, pepper |
|  | **sautéed green beans with roasted peppers** |   | canola oil, salt, pepper, green beans, pepper medley, |
|  | **mushroom stir fry** |   | rice noodle, vegetable medley, liquid aminos, salt, pepper |
|  | **allergy free chicken** | |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
|  | **achiote shrimp & mandarin salad** |  | romaine & iceberg salad mix, cherry tomatoes, red onion, mandarin orange, roasted bell peppers & chipotle dressing, agave |
|  | **achiote tofu & mandarin salad** |  | romaine & iceberg salad mix, cherry tomatoes, red onion, mandarin orange, roasted bell peppers & chipotle dressing |
|  | **grilled chicken salad with agave lime vinagrette** |    | artisan spring mix, carrot, jicama , heirloom cherry tomato, tortilla strips, agave lime vinaigrette Valdivia Farms |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **slice smoked ham** | |
|  | **sliced turkey breast** |
|  | **roasted marinated portobello mushroom** |   **Special Instructions:** mix all ingredients in a bowl and marinate mushrooms for 6 hours roast 350 f for 10 minutes, slice on angle 2 inch by 3.5 | balsamic vinegar, olive oil, salt, pepper, fresh herbs |
|  | **shredded ice berg lettuce** | |
|  | **fresh sliced tomato** | |
|  | **sliced sweet red onion** | |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **pepita pesto** |   | basil, parsley, salt, pepper, lemon juice, canola oil, nutritional yeast, pepita |
|  | **mayonnaise** |  | contains soy bean oil |
|  | **roasted piquillo peppers** | |
|  | **avocado spread** |   | lime juice, salt, pepper, avocado |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **cheese pizza** | |
| **Soup (special)** | **chicken pot pie soup** | chicken breast, carrot, celery, onion, garlic, parsley, yukon potato, milk, salt, pepper  **SIDE:** contains gluten |
|  | **hearty vegan impossible chili** |    | Impossible meat, onion, celery, garlic, chili powder, kidney beans, tomato  **SIDE:** contains garlic and onions |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **fries** | |
|  | **onion rings** | |
|  | **quesadilla bar** |
|  | **grilled chicken quesadilla** | |
|  | **salsa** | |
|  | **guacamole** | |
| **herbivore (special)** | **mediterranean power bowl** | |
|  | **marinated cherry tomatoes with olives & capers** |   | olive oil, rosemary, garlic, |
|  | **roasted vegetable medley** |   | red onion, zucchini, carrot, cauliflower, olive oil , salt, pepper, sumac , chili powder, oregano |
|  | **hummus** |   | chickpeas, cumin, lemon juice, olive oil, sumac, paprika, roasted garlic, salt, pepper, tahini contains sesame ! |
|  | **tatziki** |   | vegan yogurt, cucumber, lemon juice & zest, mint, olive oil, salt, pepper, cumin |
|  | **brown rice** | |
|  | **beluga lentil with preserved lemon vinagrette** | |
|  | **pita bread** | |
| **global (special)** | **beef pho** |  | JF Organic Farms |
|  | **side toppings** |  **SIDES:** sliced onion | thai basil | mint | jalapeños |
|  | **sambal chili** | contains shellfish! |
|  | **hoisin sauce** |
|  | **lime** | |
|  | **rice noodle** | |
|  | **vegan pho** |   | vegetarian broth , Mushrooms, tofu, rice noodle |
| **oasis (special)** | **apple glazed pork loin** |   | fresh herbs, olive oil, salt pepper, green apple, agave |
|  | **rice pilaf** | |
|  | **braised balsamic red cabbage** |   | brown sugar, balsamic vinegar, salt, pepper, parsley |
|  | **roasted acorn squash** |    | olive oil, salt , pepper, fresh herbs Kenter Canyon Farms |
|  | **lentil stew** |
|  | **roasted chicken breast** |    | olive oil, salt, pepper, fresh herb |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
|  | **achiote shrimp & mandarin salad** |  | romaine & iceberg salad mix, cherry tomatoes, red onion, mandarin orange, roasted bell peppers & chipotle dressing, agave |
|  | **achiote tofu & mandarin salad** |  | romaine & iceberg salad mix, cherry tomatoes, red onion, mandarin orange, roasted bell peppers & chipotle dressing |
|  | **grilled chicken salad with agave lime vinagrette** |    | artisan spring mix, carrot, jicama , heirloom cherry tomato, tortilla strips, agave lime vinaigrette Valdivia Farms |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **cheese pizza** | |
|  | **jalapeno bbq chicken pizza** | mozzarella, red onion, bbq pizza, jalapeño, cilantro |
| **Soup (special)** | **chicken pot pie soup** | chicken breast, carrot, celery, onion, garlic, parsley, yukon potato, milk, salt, pepper  **SIDE:** contains gluten |
|  | **hearty vegan impossible chili** |    | Impossible meat, onion, celery, garlic, chili powder, kidney beans, tomato  **SIDE:** contains garlic and onions |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |

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| **Breakfast** | |
| **Grill (special)** | **omelette bar** | |
| **herbivore (special)** | **smoothie bar** | |
| **global (special)** | **veggie scramble** |   | broccoli, mushroom, onion, spinach, tomato |
|  | **scrambled eggs** | |
|  | **breakfast vegetarian patty** | |
|  | **scrambled tofu** |   **Special Instructions:** scrambled tofu , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **roasted potato O'Brien** |   **Special Instructions:** olive oil, salt, pepper |
|  | **bacon** |
|  | **brown rice** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **Spinach** |   | peppers, salt , pepper |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **breakfast pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **Grill (special)** | **grilled chicken pesto sandwich** |  | pepita pesto, arugula, tomato, red onion, mozzarella cheese, ciabatta |
|  | **build your own impossible burger** |  | vegan sliced american cheese, brioche bread |
|  | **waffle fries** | |
| **herbivore (special)** | **power bowl** |   | Babe Farms |
|  | **chipotle infused wheat berry** |  | chipotle, lime juice, |
|  | **roasted yams** |   | olive oil, paprika, salt, pepper, fresh oregano |
|  | **sautéed kale with roasted pepper medley** |   | salt, pepper, olive oil |
|  | **roasted tomato** |   | olive oil, red wine vinegar, fresh oregano, salt, pepper |
|  | **chipotle mayo** | |
|  | **ancho chili fried tofu** | |
| **global (special)** | **pork vindaloo** |   **Special Instructions:** Kashmiri chili, mustard seed, cumin, turmeric, clove, garlic, ginger, apple cider, cooking oil, water, pork shoulder, whole onion, cinnamon, tomato paste, cooking oil, brown sugar , water |
|  | **confetti basmati rice** |  **Special Instructions:** onion sliced, green peas, basmati rice , cumin seed, cardamom seed, bay leaf, cinnamon stick |
|  | **roasted cauliflower** | |
|  | **chana masala** |   **Special Instructions:** oil, onion dice, garlic, cumin, cinnamon, turmeric, ginger , salt, clove, cayenne, pepper, vegetable broth, chickpeas, dice tomato, cilantro chopped, |
|  | **naan bread** | |
| **oasis (special)** | **moroccan chicken braise** |     | chicken thigh, cumin, turmeric, cinnamon, clove , ginger, coriander, garlic, kabocha squash , cilantro , olives . Kenter Canyon Farms |
|  | **brown rice** | |
|  | **summer squash** |   | olive oil, salt, pepper |
|  | **thyme roasted carrots** |   | olive oil, salt, pepper, thyme |
|  | **mediterranean chickpea stew** | |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **sliced turkey breast** |
|  | **fresh sliced tomato** | |
|  | **sliced sweet red onion** | |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **pepita pesto** |   | basil, parsley, salt, pepper, lemon juice, canola oil, nutritional yeast, pepita |
|  | **mayonnaise** |  | contains soy bean oil |
|  | **roasted piquillo peppers** | |
|  | **avocado spread** |   | lime juice, salt, pepper, avocado |
|  | **sliced salami** | |
|  | **roasted vegetables** |   | zucchini , yellow squash, red onion, sliced mushrooms, salt, pepper, olive oil |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **pepperoni pizzaSpecial Instructions:** fresh hand tossed dough, house made tomato sauce, pepperoni, mozzarella cheese |
| **Soup (special)** | **chicken minestrone** |  | chicken broth, celery, onion, garlic, pasta, cannellini beans, tomato  **SIDE:** contains garlic and onions |
|  | **vegan cream of mushroom** |   | mushroom , coconut milk, onions, celery, garlic, salt, pepper,  **SIDE:** \*contains coconut milk |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **New York steak** | |
|  | **surf & turf sides** | Jalapeño Poppers  **SIDES:** onion rings | steak fries |
|  | **grilled salmon** | |
| **herbivore (special)** | **roasted delicate squash** |   | olive oil, agave, salt, pepper |
|  | **roasted balsamic brussel sprouts** |   | olive oil, salt , pepper, balsamic |
|  | **baked potato** | |
|  | **impossible chicken nuggets** | |
|  | **vegan coconut sour cream** | |
|  | **vegan cheese** | |
|  | **green onion** | |
| **global (special)** | **parmesan cheese** | |
|  | **chicken parmesan** |  | mozzarella cheese, marinara, fresh basil |
|  | **herb butter lenguine pasta** |  | garlic, rosemary, basil, salt, , butter |
|  | **dinner roll** | |
|  | **broccoli** | |
|  | **roasted butternut squash penne pasta with marinara sauce** | |
| **oasis (special)** | **grilled balsamic flank steak sun-dried tomato olive & caper tapenade** | |
|  | **beluga lentil & saffron brown rice with green peas** | |
|  | **marinated Campari tomatoes** |   | shallot, basil, salt, pepper, |
|  | **vegetable medley** |   | paprika, turmeric, salt, pepper, olive oil |
|  | **Spaghetti squash with roasted vegetables & marinara** | |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **pepperoni pizzaSpecial Instructions:** fresh hand tossed dough, house made tomato sauce, pepperoni, mozzarella cheese |
| **Soup (special)** | **chicken minestrone** |  | chicken broth, celery, onion, garlic, pasta, cannellini beans, tomato  **SIDE:** contains garlic and onions |
|  | **vegan cream of mushroom** |   | mushroom , coconut milk, onions, celery, garlic, salt, pepper,  **SIDE:** \*contains coconut milk |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |

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| **Breakfast** | |
| **herbivore (special)** | **smoothie bar** | |
| **global (special)** | **scrambled eggs** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **breakfast vegetarian patty** | |
|  | **scrambled tofu** |   **Special Instructions:** scrambled tofu , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **chorizo egg scramble** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, paprika |
|  | **turkey link sausage** |
|  | **jasmine rice** | |
|  | **refried bean** | |
|  | **sauteed green bean** |   | oil, salt, pepper |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **breakfast pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **Grill (special)** | **baja inspired fish taco bar** |  | fried and pan seared tilapia |
|  | **batter fried tilapia** |
|  | **baja black beans** | |
|  | **rice** |  | onion, garlic, salt, pepper butter contains Dairy! |
|  | **mango salsa** |   | onion, tomato, cilantro lemon juice, mango |
|  | **red & green salsa** | |
|  | **lemon** | |
|  | **slaw** |   | cabbage , red onion, cilantro |
|  | **sour cream** | |
| **herbivore (special)** | **spaghetti & meat balls** |   | whole grain spaghetti , marinara, vegan meat balls |
|  | **gluten free pasta available upon request** | |
|  | **roasted asparagus with onion & pepper medley** |   | olive oil, salt , pepper |
|  | **focaccia bread** |
| **global (special)** | **dim sum** |
|  | **chicken pot stickers** |
|  | **pork & chicken dumplings** |
|  | **spring rolls** | |
|  | **chow mein** |  | cabbage, pepper medley, onion, garlic, soy sauce, sesame seed oil, salt, |
|  | **sweet chili sauce** | |
| **oasis (special)** | **chimichurri steak** | |
|  | **roasted rosemary fingerling potato** | |
|  | **herb roasted broccolini** |   | thyme, olive oil, salt, pepper, garlic |
|  | **roasted marinated tomatoes** |   | olive oil, salt, pepper, oregano |
|  | **roasted quinoa stuffed pepper with marinara sauce** |   | quinoa pilaf |
|  | **allergy free rosemary lemon chicken** |    | olive oil, rosemary, lemon zest, salt, pepper, |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
|  | **Cobb salad** |    | romaine lettuce ,watercress, iceberg mix , tomato, blue cheese, tomato, turkey bacon, egg, avocado, grilled chicken, red vine vinaigrette Kenter Canyon Farms |
|  | **Tuscan kale & baked coconut tofu Salad** |   | Tuscan kale & arugula salad mix , baked coconut marinated tofu, heirloom cherry tomatoes, dried cranberries, garlic, candy walnuts , parsley vinaigrette |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **slice smoked ham** | |
|  | **sliced turkey breast** |
|  | **roasted marinated portobello mushroom** |   **Special Instructions:** mix all ingredients in a bowl and marinate mushrooms for 6 hours roast 350 f for 10 minutes, slice on angle 2 inch by 3.5 | balsamic vinegar, olive oil, salt, pepper, fresh herbs |
|  | **shredded ice berg lettuce** | |
|  | **fresh sliced tomato** | |
|  | **sliced sweet red onion** | |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **pepita pesto** |   | basil, parsley, salt, pepper, lemon juice, canola oil, nutritional yeast, pepita |
|  | **mayonnaise** |  | contains soy bean oil |
|  | **roasted piquillo peppers** | |
|  | **avocado spread** |   | lime juice, salt, pepper, avocado |
| **Soup (special)** | **classic new england clam chowder** | |
|  | **corn chowder** |  | almond milk, onion, celery, carrot, corn, poblano chili, corn starch |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |
| **Dinner** | |
| **Grill (special)** | **bbq bacon cheese burger** |  | beef patty, lettuce, pickle, american cheese, bbq, bacon . |
|  | **fries** | |
|  | **build your own impossible burger** |   | vegan sliced american cheese, gluten free bread |
|  | **substitute lettuce wrap for any burger or sandwich** |
| **herbivore (special)** | **cauliflower fried rice** |     | sesame oil, soy sauce, carrot, celery, onion, garlic, peas |
|  | **gochujang fried tofu stir fry** |   | pepper medley, red onion , sesame oil, ketchup, pineapple juice, brown sugar, soy sauce, garlic, ginger, green onion garnish |
|  | **vegetable stir fry** |   | snow peas, Napa cabbage, broccoli, onion, pepper medley |
| **global (special)** | **crepe bar** | |
|  | **mixed berries** |   | strawberries, blue berries, raspberries, black berries |
|  | **whipped cream** | |
|  | **condensed milk** |
|  | **sprinkles** | |
|  | **nutella** |
| **oasis (special)** | **cauliflower & potato curry** |   **Special Instructions:** cauliflower, potato, onion, garlic, ginger, coconut milk, turmeric, cumin, clove, coriander |
|  | **brown rice** | |
|  | **curry green beans** |   | pepper medley, onion, green beans, curry |
|  | **rosemary agave rainbow carrots** |   | olive oil, salt, pepper, agave, rosemary |
|  | **lamb curry** |   **Special Instructions:** yellow curry, onion, ginger, garlic, potato, turmeric, cumin, clove, cinnamon , salt, pepper |
|  | **allergy free rosemary lemon chicken** |    | olive oil, rosemary, lemon zest, salt, pepper, |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
|  | **Cobb salad** |    | romaine lettuce ,watercress, iceberg mix , tomato, blue cheese, tomato, turkey bacon, egg, avocado, grilled chicken, red vine vinaigrette Kenter Canyon Farms |
|  | **Tuscan kale & baked coconut tofu Salad** |   | Tuscan kale & arugula salad mix , baked coconut marinated tofu, heirloom cherry tomatoes, dried cranberries, garlic, candy walnuts , parsley vinaigrette |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **pepperoni pizzaSpecial Instructions:** fresh hand tossed dough, house made tomato sauce, pepperoni, Hollandia Dairy mozzarella cheese |
| **Soup (special)** | **classic new england clam chowder** | |
|  | **corn chowder** |  | almond milk, onion, celery, carrot, corn, poblano chili, corn starch |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |

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| **Brunch** | |
| **Grill (special)** | **chicken and waffles**  **SIDES:** syrup | butter |
|  | **peaches** | |
|  | **whipped cream** |
| **herbivore (special)** | **acai bar** |  **SIDES:** mango | pineapple | chia seeds | house made granola | shredded coconut |
| **global (special)** | **beef fajitas** |  | onion, pepper medley, garlic, cilantro |
|  | **quinoa pilaf** |   **Special Instructions:** onion, celery, carrot, olive oil, salt, pepper, spinach |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **sauteed spinach & swiss frittata** | |
|  | **scrambled egg** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, olive oil |
|  | **bacon** |
|  | **breakfast vegetarian patty** | |
|  | **roasted sweet potatoes** |   | olive oil, salt, pepper |
|  | **tofu scramble** | |
|  | **sauteed spinach & roasted fennel** | |
| **oasis (special)** | **roasted chayote & carrots** |    | chayote, carrot, onion, olive oil, salt, pepper , cilantro garnish |
|  | **poblano lime brown rice** |    | olive oil, salt, pepper, poblano chili, lime juice, |
|  | **lentil stew** |    | lentils, tomato, salt, and pepper |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **Soup (special)** | **green chicken pozole soup** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onions, and yogurt mint dressing on a sesame bun |
|  | **classic smashed burger** |  | shredded iceberg, tomato, onion cheddar, American dressing sesame bun  **SIDE:** Steak Fries |
| **herbivore (special)** | **tandoori inspired roasted tofu** |   | garam masala, paprika, cumin, clove, salt, pepper |
|  | **turmeric wheat berry** | |
|  | **curry roasted vegetable medley** |   | zucchini, pepper medley, garlic, ginger, cumin, turmeric, clove , cinnamon, salt, pepper |
|  | **vegan Tzatziki** |
| **global (special)** | **Szechuan beef** | |
|  | **fried rice** |   **Special Instructions:** egg, peas, carrot, celery, onion, garlic, soy sauce, sesame oil |
|  | **bok choy & vegetable stir fry** |   **Special Instructions:** sesame oil, soy sauce, sugar, ginger, garlic, samba chili, white pepper |
|  | **plant base Szechuan beef** | |
| **oasis (special)** | **roasted chayote & carrots** |    | chayote, carrot, onion, olive oil, salt, pepper , cilantro garnish |
|  | **poblano lime brown rice** |    | olive oil, salt, pepper, poblano chili, lime juice, |
|  | **lentil stew** |    | lentils, tomato, salt, and pepper |
|  | **Slow cooked pork chile verde** |    | tomatillo, onion, garlic, cilantro, cumin, salt, pepper, bay leaf, chicken broth Kenter Canyon Farms |
|  | **allergy free rosemary chicken** |    | olive oil, rosemary, salt, pepper |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **green chicken pozole soup** | |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |

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| **Brunch** | |
| **Grill (special)** | **avocado toast bar** |
|  | **arugula** | |
|  | **mozzarella cheese** | |
|  | **avocado spread** | |
|  | **red onion** | |
|  | **sliced tomato** | |
|  | **fig balsamic glaze** | |
|  | **impossible burger** |  | served on a sesame bun |
| **herbivore (special)** | **overnight oat bar** |   | agave, oats,  **SIDES:** cocoa nibs | mixed berries | chia seed |
|  | **overnight oats** |   | coconut milk, agave |
|  | **mixed berries** |   | blackberry, raspberry, blueberry, strawberry |
|  | **chia seeds** | |
|  | **cocoa nibs** | |
|  | **banana chips** | |
| **global (special)** | **scrambled egg** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, olive oil |
|  | **green chilaquiles** | |
|  | **refried bean** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **breakfast vegetarian patty** | |
|  | **pork patty sausage** |
|  | **brown rice** | |
|  | **roasted butternut squash & kale** |   **Special Instructions:** olive oil, salt, pepper, basil, garlic, red wine vinegar |
|  | **tofu scramble** |  **Special Instructions:** onion, bell peppers, turmeric, salt, pepper, cilantro |
|  | **broccoli** | |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **breakfast pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
|  | **tomato bisque** |   | onion, garlic, salt, tomato , basil , coconut milk, nutritional yeast |
| **Dinner** | |
| **Grill (special)** | **pesto chicken sandwich on brioche** | lettuce, tomato, onion, mozzarella cheese, pesto |
|  | **french fries** | |
|  | **substitute lettuce wrap for any burger or sandwich** |
| **herbivore (special)** | **beluga & red lentil power bowl** |   | , marinated cherry tomatoes, red & beluga lentil, parsley , lemon juice Kenter Canyon Farms |
|  | **quinoa pilaf** |    | onion, carrot, celery, pea, salt, pepper , parsley |
|  | **roasted heirloom cherry tomatoes** | |
|  | **sautéed kale** |   | olive oil, salt, pepper |
|  | **fig balsamic glaze** | |
| **global (special)** | **grilled chicken & cheese ravioli spicy chipotle alfredo** |
|  | **herb roasted asparagus** |   **Special Instructions:** olive oil, salt, pepper |
|  | **parmesan cheese** | |
|  | **marinara penne pasta** |   **Special Instructions:** vegan cheese, bolognese sauce, gf penne pasta, basil garnish in 200 pan lay out pasta with sauce cover with vegan cheese and bake until cheese melts, add basil garnish |
|  | **Soy based "Shrimp"** | |
| **oasis (special)** | **grilled balsamic sirloin steak** |   | balsamic, garlic, rosemary, olive oil, salt, pepper, |
|  | **Mediterranean potatoes** |   | onion, garlic, lemon juice, parsley, paprika |
|  | **sauteed mushrooms & kale** |   | salt, pepper |
|  | **Roasted Brussel sprouts** | |
|  | **italian inspired eggplant & bean stew** | |
|  | **allergy free chicken thigh** |    | olive oil, salt, pepper |
| **salad (special)** | **self serve salad bar**  **SIDES:** artisan, mix greens salad, romaine lettuce, quinoa | tomatoes, sweet red onion, julienne carrots, cucumber, olives, roasted red beets, Pepper medley | baked tofu, grilled chicken, boiled eggs, kidney beans , chickpeas, cheese | dry cranberries, croutons , pumpkin seed , sunflower seed |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **margarita pizza** | |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **pepperoni pizzaSpecial Instructions:** fresh hand tossed dough, house made tomato sauce, pepperoni, Hollandia Dairy mozzarella cheese |
| **Soup (special)** | **tomato bisque** |   | onion, garlic, salt, tomato , basil , coconut milk, nutritional yeast |
| **sweets (special)** | **chocolate chip cookie** | |
|  | **sugar cookie** | |