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| **Breakfast** | |
| **herbivore (special)** | **pico de gallo** |   | serrano pepper, onion, tomato, cilantro, lime juice, salt, pepper |
| **global (special)** | **breakfast potato** |   | onion, salt, pepper |
|  | **veggie scramble** |   | broccoli, mushroom, onion, spinach, tomato |
|  | **scrambled eggs** | |
|  | **bacon** |
|  | **breakfast vegetarian patty** | |
|  | **brown rice** | |
|  | **chickpeas stir fry** |   **Special Instructions:** , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **tofu scramble** |   **Special Instructions:** olive oil, salt, pepper |
|  | **sautéed spinach & 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)** | **oatmeal** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **sweets (special)** | **croissants** |
| **Lunch** | |
| **Grill (special)** | **swiss mushroom burger** |  | beef patty , sautéed onion, mushrooms, parsley, swiss cheese, chipotle ketchup, Bread Los Angeles |
|  | **substitute lettuce wrap for any burger or sandwich** |
|  | **impossible blues burger** |   | Vegan mozzarella, sauteed mushrooms & onions, chipotle ketchup arugula |
|  | **fries** | |
| **herbivore (special)** | **ancient grain bowl** |    | Kenter Canyon Farms |
|  | **quinoa & amaranth** |   | salt , pepper |
|  | **sautéed kale** | |
|  | **roasted heirloom tomatoes** |   | olive oil, salt, pepper |
|  | **roasted red kuri squash** |   | salt , pepper, olive oil, agave, paprika |
|  | **beluga lentil** |   | lemon juice, salt, pepper , olive oil, parsley |
|  | **tahini dressing** |   | tahini, salt, garlic powder, coconut milk, lemon juice |
| **global (special)** | **sesame orange chicken** |   **Special Instructions:** soy sauce, ketchup, rice vinegar, sugar, ginger, garlic, gochujang | JF Organic Farms |
|  | **sticky rice** | |
|  | **vegetale stir fry** |   | soy sauce, brown sugar, garlic, ginger |
|  | **sesame orange fried tofu** |   | sesame oil, garlic, ginger, orange juice, soy sauce |
|  | **vegetarian spring rolls** | |
|  | **green onion** | |
|  | **spring rolls** | |
| **oasis (special)** | **blackened chicken** |  **Special Instructions:** cayenne, brown sugar, salt, pepper, dry mustard, paprika, garlic |
|  | **agave roasted sweet potatoes** |   | agave, oil, salt, pepper |
|  | **roasted zucchini & yellow squash** |   | olive oil, salt, pepper, paprika |
|  | **succotash** |   | corn, onion, pepper, green beans, salt, pepper medley |
|  | **allergy free sirloin** |  | Kenter Canyon Farms |
|  | **three bean stew** |   | white navy bean, chickpea, kidney bean, tomato, celery, onion, garlic, 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 |
| **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 |
|  | **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)** | **pepperoni** |
|  | **cheese pizza** | |
|  | **Hawaiian Pizza** | |
|  | **tofu scramble vegetable pizza** |   | tomato sauce, tofu, roasted vegetables, |
| **Soup (special)** | **chicken noodle** | chicken breast, carrot, celery, onion, garlic, chicken broth, oregano, thyme, noodles |
|  | **hearty vegetable soup** |   | onion, celery, carrot, garlic, tomato, salt, pepper, green beans, zucchini, potato, kale, kidney bean |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate Brownie** |
| **Dinner** | |
| **Grill (special)** | **quesa birria** |
|  | **slow braised beef in chili and spices** | |
|  | **beef consommé** | |
| **herbivore (special)** | **taco bar sides** | |
|  | **pinto beans** | |
|  | **spanish rice** | |
|  | **green tomatillo salsa** |   | tomatillo, onion, garlic, serrano chili, salt, pepper |
|  | **guacamole** |   | onion, lemon juice, pepper, cilantro |
|  | **limes** | |
|  | **chile de arbol salsa** |   | dry serrano chili, tomato, onion, garlic, cilantro, salt, pepper |
|  | **Impossible Taco Meat** | |
| **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 |
|  | **fried tofu** |   | corn starch, salt, pepper |
|  | **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, |
|  | **dinner rolls** | |
| **oasis (special)** | **three bean stew** |   | white navy bean, chickpea, kidney bean, tomato, celery, onion, garlic, salt, pepper |
|  | **brown rice** | |
|  | **roasted cauliflower** |   | olive oil, salt, pepper |
|  | **allergy free chicken breast** |     | fresh herbs, salt, pepper , grape seed oil Mary's Chicken |
|  | **roasted butternut squash** |   | olive oil, salt, pepper, |
|  | **pork loin with mushroom gravy** |   | oat milk , mushroom, 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)** | **pepperoni** |
|  | **cheese pizza** | |
|  | **Hawaiian Pizza** | |
|  | **tofu scramble vegetable pizza** |   | tomato sauce, tofu, roasted vegetables, |
| **Soup (special)** | **chicken noodle** | chicken breast, carrot, celery, onion, garlic, chicken broth, oregano, thyme, noodles |
|  | **hearty vegetable soup** |   | onion, celery, carrot, garlic, tomato, salt, pepper, green beans, zucchini, potato, kale, kidney bean |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate Brownie** |

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| **Breakfast** | |
| **global (special)** | **scrambled eggs** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **breakfast potato** | |
|  | **breakfast vegetarian patty** | |
|  | **pork link** | |
|  | **brown rice** | |
|  | **scrambled tofu** |   **Special Instructions:** scrambled tofu , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **cannellini beans** | |
|  | **chocolate chip pancakes** | |
| **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)** | **oatmeal** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **Grill (special)** | **fries** | |
|  | **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 |
|  | **shrimp po'boy** |  | lettuce, tomato, spicy mayo, fried shrimp , baguette |
|  | **onion rings** |
| **herbivore (special)** | **mediterranean power bowl** | |
|  | **saffron couscous** | |
|  | **fried tofu** |   | corn starch, salt, pepper |
|  | **steamed broccoli** | |
|  | **roasted butternut squash** |   | olive oil, salt, pepper, paprika |
|  | **saffron aioli** |   | vegan mayo, saffron, roasted garlic, salt, pepper Contains Soy! |
| **global (special)** | **burrito bar** |
|  | **spanish rice** |   **Special Instructions:** vegan butter, onion, chayote, carrot |
|  | **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** | |
|  | **pico de Gallo** | |
|  | **queso fresco** | |
|  | **sour cream** | |
|  | **green & red salsa** | |
|  | **guacamole** |   | avocado, lime juice, salt, pepper, onion, cilantro, vinegar |
| **oasis (special)** | **chicken marsala** |   | olive oil, shallot, marsala wine, fresh herbs Kenter Canyon Farms |
|  | **garlic mash potatoes** |   | garlic, salt, pepper, oat milk |
|  | **roasted asparagus** |   | fresh herbs, olive oil, salt, pepper |
|  | **roasted beets** |   | olive oil, salt, pepper, fresh herbs, red wine vinegar, pickled red onion |
|  | **hearty vegetable stew** |   | rainbow char, white beans, onion, garlic, tomato |
|  | **allergy lamb chops** |  | herb 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 |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **sliced turkey breast** |
|  | **fresh sliced tomato** | |
|  | **sliced sweet red onion** | |
|  | **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 |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **sliced salami** | |
|  | **roasted vegetables** |   | zucchini , yellow squash, red onion, sliced mushrooms, salt, pepper, olive oil |
|  | **organic arugula** |     | JF Organic Farms |
| **ovens (special)** | **cheese pizza** | |
|  | **tofu scramble vegetable pizza** |   | tomato sauce, tofu, roasted vegetables, |
|  | **fig & brie pizza** |  | fig jam, brie cheese, arugula, balsamic glaze |
| **Soup (special)** | **chicken tortilla soup** |    **Special Instructions:** onion, celery, carrot, sweet pepper medley, chili powder, garlic, cumin, fried tortilla, chicken broth toppings, cheese, avocado, sour cream  **SIDES:** cilantro | fried tortilla stripps | cheddar cheese |
|  | **vegan tomato bisque** | |
| **sweets (special)** | **Chocolate chip cookies** |
| **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 |
|  | **cheese burger** |
|  | **French Fries** |
| **herbivore (special)** | **indian inspired cauliflower brown rice** |   **Special Instructions:** toast spices add to every 200 pan each pan should get 1 stick cinnamon 1 cardamom, clove, salt, pepper blend onion mustard seed add 3 oz to each pan | turmeric, clove, salt, cardamom, cinnamon stick, onion, mustard seed |
|  | **roasted delicata squash** |   | salt, pepper, paprika, olive oil, garam masala |
|  | **baked coconut tofu** |   | olive oil, salt, pepper, coconut milk, curry |
|  | **roasted cherry heirloom tomato** |   | paprika, salt, pepper, olive oil |
|  | **sauteed kale** | |
|  | **coconut curry dressing** |   | coconut sour cream, curry, garam masala, lemon juice, mint, salt |
|  | **naan bread** |
| **global (special)** | **beef bulgogi bowl** |  | pear, garlic, ginger, gochujang, onion, sesame seed, soy sauce |
|  | **sticky rice** | |
|  | **vegetable stir fry** |   | bok choy, pepper medley, mushrooms, chili , soy sauce |
|  | **fried tofu** | |
|  | **kimchi** | |
|  | **kimchi aioli** |   **Special Instructions:** mayo, kimchi, soy, salt, pepper | contains soy! |
| **oasis (special)** | **quinoa rice** | |
|  | **roasted spaghetti squash** |   | all spice, ginger, cloves, nutmeg, olive oil, salt, pepper, coconut cream sauce |
|  | **roasted brussels sprouts with onion** |   | olive oil, salt, pepper, onion |
|  | **roasted chicken with apricot glaze** |  | carrots, celery, onions, shallots, garlic, olive oil, salt, pepper, white wine, fresh herbs  **SIDE:** contains onions and garlic |
|  | **allergy free pork loin** |   | olive oil, salt, pepper |
|  | **lentil stew** |   | onion, celery, carrot, tomato , 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)** | **cheese pizza** | |
|  | **margarita pizza** | |
|  | **tofu scramble vegetable pizza** |   | tomato sauce, tofu, roasted vegetables, |
|  | **fig & brie pizza** |  | fig jam, brie cheese, arugula, balsamic glaze |
| **Soup (special)** | **chicken tortilla soup** |    **Special Instructions:** onion, celery, carrot, sweet pepper medley, chili powder, garlic, cumin, fried tortilla, chicken broth toppings, cheese, avocado, sour cream  **SIDES:** cilantro | fried tortilla stripps | cheddar cheese |
|  | **vegan tomato bisque** | |
| **sweets (special)** | **Chocolate chip cookies** |

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| **Breakfast** | |
| **Grill (special)** | **French toast bar** | |
|  | **mixed berries** | |
|  | **whipped cream** | |
| **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** | |
|  | **sticky rice** | |
|  | **black beans** | |
|  | **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)** | **oatmeal** | |
| **sweets (special)** | **blueberry pecan muffin** |
| **Lunch** | |
| **Grill (special)** | **steak sandwich** |  | chimichurri aioli , arugula, onion, ciabatta |
|  | **fries** | |
|  | **onion rings** | |
| **herbivore (special)** | **baja inspired fish bowl** | |
|  | **brown rice** | |
|  | **vegan fried fish** | |
|  | **cucumber slaw** |   **Special Instructions:** cucumber , red cabbage, cilantro, carrot, serrano chilies, apple cider vinegar, sugar, salt, pepper, oregano |
|  | **black beans** |   **Special Instructions:** salt, pepper, onion, garlic |
|  | **roasted corn** |   | olive oil, salt, pepper, paprika, cilantro |
|  | **pico de gallo** |   | tomato, onion, salt, pepper, lime juice, cilantro, serrano chili |
|  | **chipotle aioli** |   | vegan mayo, chipotle pepper |
| **global (special)** | **chicken tikka masala** | |
|  | **basmati confetti rice** | |
|  | **mattar tofu paneer** |   **Special Instructions:** tofu marinate =vegetable oil, tofu, garam masala, salt, tomato cauliflower cream sauce= vegetable oil, onion dice, garlic , ginger, salt, cumin, garam masala, turmeric, cayenne, cauliflower, dice tomato, coconut milk, peas, cilantro garnish |
|  | **roasted curry vegetables** |   **Special Instructions:** vegetable oil, salt, pepper, curry, cayenne, cumin, salt, pepper, garam masala, pepper medley, onion |
| **oasis (special)** | **chickpea stew** |   | onion, garlic, tomato, butternut squash, salt, pepper, carrot, |
|  | **cherry heirloom tomatoes** |   | olive oil, pepper, salt, fresh herbs |
|  | **quinoa pilaf** |   | salt, pepper, butternut, kale, cranberry, parsley, olive oil, |
|  | **roasted winter squash medley** |   | olive oil, salt , pepper, kambocha squash, delicate squash, honey butter squash, agave |
|  | **roasted pork loin with cranberry compote** |   | olive oil, salt, pepper, fresh herbs, cranberry |
|  | **allergy free sirloin** |   | olive oil, salt, pepper, fresh herbs rosemary thyme |
| **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 |
|  | **slice smoked ham** | |
|  | **sliced turkey breast** |
|  | **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 |
|  | **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 |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **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 |
| **ovens (special)** | **cheese pizza** | |
|  | **pepperoni pizza** | |
| **Soup (special)** | **chicken pot pie soup** |  | contains dairy |
|  | **carrot ginger soup** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **blueberry pecan muffin** |
|  | **flourless chocolate cake** | |
| **Dinner** | |
| **Grill (special)** | **fries** | |
|  | **quesadilla bar** |
|  | **cheese quesadilla** | |
|  | **green & red salsa** | |
|  | **carne asada quesadilla** |
| **herbivore (special)** | **Lebanese inspired fattoush salad** |   **Special Instructions:** cut all ingredients 3/4 inch by 3/4 inch make a dressing + olive oil 8 cups, lemon juice 4 cups, molasses 2 cup sub agave, sumac 4 tbsp, season to taste | romaine lettuce, cucumber, tomato, green pepper, radish, green onion, parsley, fresh mint, olive oil, lemon juice, pomegranate molasses, sumac, salt. |
|  | **sumac infuced quinoa** |   | lemon juice, sumac , salt, pepper |
|  | **baba ghanoush** |   | lemon juice, garlic, cumin, salt, pepper, sumac, paprika, olive oil, tahini |
|  | **roasted chickpeas** |   | olive oil, salt, pepper, paprika, sumac |
|  | **pita bread** |
| **global (special)** | **shoyu inspired pork belly ramen** |   | JF Organic Farms |
|  | **chashu pork belly** |   | garlic, ginger, scallion, honey, soy sauce, sugar, sake, |
|  | **hard boiled egg** |
|  | **broth** |   | pork bones, carrot, kombu, Shitake, green onion, garlic, ginger, soy sauce, |
|  | **shitake** | |
|  | **ramen noodles** |   | rice noodle available upon request |
|  | **miso soup** |   | vegetarian broth , shitake Mushrooms, tofu, rice noodle |
|  | **mint chutney** |   | onion, garlic, ginger fresh, green chilies, cilantro, mint, vegan yogurt, salt, pepper, fresh lemon juice |
| **oasis (special)** | **allergy free chicken** |  | olive oil, salt, pepper, fresh herbs |
|  | **roasted potatoes** |   | fresh rosemary, thyme, salt, pepper, olive oil, garlic |
|  | **broccolini** | |
|  | **roasted summer squash with pepita pesto** | |
|  | **white bean stew** |   | carrot, celery , onion, garlic, tomato, kale, squash |
| **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)** | **cheese pizza** | |
|  | **pepperoni pizza** | |
|  | **meat lover** |  | mortadela, salami, pepperoni |
|  | **bbq chicken pizza** | mozzarella, red onion, bbq pizza, jalapeño, cilantro |
|  | **tofu scramble vegetable pizza** |   | tomato sauce, tofu, roasted vegetables, |
| **Soup (special)** | **chicken pot pie soup** |  | contains dairy |
|  | **carrot ginger soup** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **flourless chocolate cake** | |

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| **Breakfast** | |
| **Grill (special)** | **substitute lettuce wrap or gluten free bread for any burger** |
| **global (special)** | **scrambled eggs** |   | free caged scrambled eggs |
|  | **cajun style breakfast potato** |  | red potato seasoned with rosemary , olive oil, salt, pepper, paprika, cayenne , granulated garlic, onion powder , sugar. |
|  | **pork link sausage** |
|  | **breakfast vegetarian patty** | |
|  | **sticky rice** | |
|  | **scrambled tofu** |   | scrambled tofu , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **Spinach** |   | peppers, salt , pepper |
|  | **marinated cherry heirloom tomatoes** | olive oil, shallot, red wine vinegar, salt, pepper |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt | peach yogurt | house made granola | seasonal fruit |
|  | **self serve fresh fruit bar** |  **SIDES:** Cantaloupe | honeydew |
|  | **toast bar** |  **SIDES:** whole wheat sliced bread, sourdough sliced bread, sliced white bread | sourdough sliced bread | sliced white bread | bagel plain, Blueberry bagel, everything bagel | Blueberry bagel | english muffin, whole wheat english muffin | whole wheat english muffin | cinnamon roll sliced bread, Nutella, butter, sunflower butter , strawberry jam |
| **Soup (special)** | **steel cut oatmeal** |  | served with brown sugar, raisins |
| **sweets (special)** | **oatmeal cookie** | |
|  | **chocolate chip cookie** | |
| **Lunch** | |
| **Grill (special)** | **substitute lettuce wrap or gluten free bread for any burger** |
|  | **house made shack sauce** |   | mayonnaise, ketchup, mustard, garlic powder, paprika, onion powder, cayenne pepper, black pepper, salt  **SIDE:** \*contains eggs |
| **herbivore (special)** | **mashed potatoes** |   | milk, butter, garlic, salt, pepper |
|  | **traditional dressing** |  | onion, celery, carrot, green apple, garlic, bread, veggie broth, fresh herbs |
|  | **green beans almondine** | |
|  | **agave roasted brussels sprouts & sweet potatoes** |   | agave, olive oil, salt, pepper, red onion, brussels sprouts |
| **global (special)** | **roasted turkey with gravy and fresh cranberry sauce** | |
|  | **slow roast prime rib with au jus whipped horseradish** | |
|  | **classic macaroni & cheese** | |
|  | **agave glazed heirloom carrots & green peas** |   | olive oil, rosemary, salt, pepper, |
| **oasis (special)** | **allergy free chicken** | |
|  | **brown rice** |
|  | **sauteed kale & mushrooms** |   | olive oil, salt, pepper |
|  | **mediterranean chickpea stew** |   | chickpeas, onion, celery, carrot, oregano, kale, preserved lemons, grape seed oil, salt, pepper, basil, |
| **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 |
|  | **roasted butternut squash and cranberry salad** |   | butternut squash, cranberries, garlic, pomegranate , red onion, quinoa, salt, pepper, baby spinach . |
|  | **harvest berry & delicata squash salad** |   | kale, strawberry, roasted fennel, delicata squash, pickled red onion, pecans, coconut curry dressing. |
|  | **four bean salad** |   | white bean, kidney bean, garbanzo, green bean, red onion, red pepper, cilantro, coriander, white balsamic vinegar, salt, pepper, olive oil |
| **ovens (special)** | **pumpkin pie** |
|  | **pecan pie** |
|  | **strawberry rhubarb crisp** |
|  | **scripps chocolate bread pudding** |
|  | **apple pie** |
|  | **banana cream pie** | |
| **Soup (special)** | **beef & vegetable barley soup** |
|  | **pumpkin spice bisque** |    **Special Instructions:** coconut milk, onion, garlic, poblano pepper, cilantro, corn, nutmeg | Three Sisters Farm |
| **sweets (special)** | **oatmeal cookie** | |
|  | **chocolate chip cookie** | |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap or gluten free bread for any burger** |
|  | **house made shack sauce** |   | mayonnaise, ketchup, mustard, garlic powder, paprika, onion powder, cayenne pepper, black pepper, salt  **SIDE:** \*contains eggs |
|  | **surf & turf** |  **SIDES:** grilled New York strip ( rosemary, garlic, thyme, salt, pepper, | salmon ( salt, pepper, olive oil, dill, lemon juice) |
|  | **surf & turf sides**  **SIDES:** onion rings | steak fries | mushroom demi |
| **herbivore (special)** | **roasted asparagus** |   | olive oil, salt , pepper |
|  | **button mushrooms** |  | olive oil, salt pepper |
|  | **baked potato** |   | olive oil, salt, pepper, garlic |
|  | **sour cream** | |
|  | **shredded jack & Cheddar cheese** | |
|  | **butter** | |
|  | **Impossible "chicken" nuggets** |
| **global (special)** | **linguine frutti di mare pasta** |  | white wine, shallot, garlic, tomato, parmesan cheese, parsley, clams, scallops, shrimp |
|  | **Penne pasta with roasted winter vegetables** |  | marinara sauce, roasted butternut squash, heirloom carrots, kale, |
| **oasis (special)** | **herb roasted pork loin with apricot glaze** | olive oil, salt, pepper, rosemary |
|  | **beluga lentil & saffron brown rice** | |
|  | **roasted cauliflower** |   | grape seed oil, salt, pepper, |
|  | **steamed broccoli** | |
|  | **spaghetti squash** |   | grape seed oil, salt, pepper, spinach, cherry tomatoes, garbanzos, paprika, |
| **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 |
|  | **pineapple** |  **SIDE:** dice pineapple |
|  | **four bean salad** |   | white bean, kidney bean, garbanzo, green bean, red onion, red pepper, cilantro, coriander, white balsamic vinegar, salt, pepper, olive oil |
| **ovens (special)** | **pepperoni pizza** |  | fresh hand tossed dough, house made tomato sauce, pepperoni, Hollandia Dairy mozzarella cheese |
|  | **cauliflower tofu pizza** |  | bell peppers, tofu, onion, mushrooms , marinara sauce. |
|  | **margherite pizza** | mozzarella cheese, tomato pizza sauce, basil |
|  | **vegetarian tofu pizza** |  | House-Made dough, tofu, roasted onions & peppers, |
| **Soup (special)** | **beef & vegetable barley soup** |
|  | **pumpkin spice bisque** |    **Special Instructions:** coconut milk, onion, garlic, poblano pepper, cilantro, corn, nutmeg | Three Sisters Farm |
| **sweets (special)** | **double chocolate cake** |  **SIDE:** contains wheat, soy, milk, & eggs |
|  | **oatmeal cookie** | |
|  | **chocolate chip 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 |
|  | **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 |
|  | **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, |
|  | **breakfast pastry bar** |  | Danish, croissant, |
| **Soup (special)** | **oatmeal** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **Grill (special)** | **baja inspired fish taco bar** |  | pan seared tilapia |
|  | **batter fried Cod** |
|  | **baja black beans** | |
|  | **cilantro rice** |   | onion, garlic, salt, pepper butter contains Dairy! |
|  | **pico de gallo salsa** |   | onion, tomato, cilantro lemon juice, mango |
|  | **red & green salsa** | |
|  | **lemon** | |
|  | **slaw** |   | cabbage , red onion, cilantro |
|  | **sour cream** | |
| **herbivore (special)** | **kelp noodle salad** |    **Special Instructions:** dressing, soy sauce, rice vinegar, brown sugar, fresh ginger, fresh garlic, | kelp noodle, shredded carrot, thai basil, mint, mango, roasted pepper medley, shitake mushrooms, edamame, cucumber, soy sauce, brown sugar, rice vinegar, green onion, sesame seed |
|  | **sesame ginger fried tofu** |   | soy sauce, ginger, garlic, sesame oil, rice vinegar, brown sugar |
|  | **roasted asparagus with onion & pepper medley stir fry** |   | olive oil, salt , pepper, soy sauce, ginger , garlic |
| **global (special)** | **dim sum** |
|  | **chicken pot stickers** |
|  | **teriyaki chicken dumplings** |
|  | **spring rolls** | |
|  | **chow mein** |  | cabbage, pepper medley, onion, garlic, soy sauce, sesame seed oil, salt, |
|  | **sweet chili sauce** | |
|  | **Pork belly** |
| **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 sirloin** |    | 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 |
|  | **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 |
|  | **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 |
|  | **roasted garlic aioli** |   | egg, canola oil, lime juice, paprika, mustard, white, vinegar, roasted garlic, paprika |
|  | **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)** | **cheese pizza** | |
| **Soup (special)** | **classic new england clam chowder** | |
|  | **corn chowder** |   | almond milk, onion, celery, carrot, corn, salt, pepper, cilantro |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate chip cookie** | |
|  | **sugar cookie** | |
| **Dinner** | |
| **Grill (special)** | **bacon cheese burger** |  | beef patty, lettuce, pickle, american cheese, 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** | |
| **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 |
|  | **chicken curry** |   **Special Instructions:** yellow curry, onion, ginger, garlic, potato, turmeric, cumin, clove, cinnamon , salt, pepper |
|  | **allergy free rosemary sirloin** |    | 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 |
|  | **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)** | **cheese pizza** | |
|  | **margarita pizza** | |
|  | **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, salt, pepper, cilantro |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate chip cookie** | |
|  | **sugar cookie** | |

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| **Brunch** | |
| **Grill (special)** | **chicken and waffles**  **SIDES:** syrup | butter |
| **herbivore (special)** | **acai bar** |  **SIDES:** mango | pineapple | chia seeds | banana chips | shredded coconut |
| **global (special)** | **chilaquiles with guajillo sauce topped with cheese & cilantro onion** | |
|  | **refried pinto beans** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **scrambled egg** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, olive oil |
|  | **bacon** |
|  | **breakfast vegetarian patty** | |
|  | **turmeric farro pilaf** |  **Special Instructions:** onion, celery, carrot, olive oil, salt, pepper, spinach | onion, carrot, celery, corm, kale |
|  | **roasted butternut squash** |   **Special Instructions:** olive oil, salt, pepper, basil, garlic, red wine vinegar |
|  | **chickpea stir fry** |   | onion, garlic, pepper medley, cilantro, dice tomato |
|  | **sauteed spinach & roasted fennel** | |
| **oasis (special)** | **beef Chile colorado** |  | beef, tomato, ancho chili, guajillo chili, onion, garlic, cumin, clove, salt, pepper |
|  | **roasted potato** |   | grape seed oil, salt, pepper |
|  | **steamed broccoli** | |
|  | **roasted cauliflower** | grape seed oil, salt, pepper |
|  | **lentil stew** | |
|  | **roasted carrots** | dill, salt, pepper and onions |
| **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)** | **oatmeal** | |
|  | **green chicken pozole soup** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **sweets (special)** | **blueberry pecan muffin** |
| **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 |
|  | **Hamburger** | |
|  | **fries** | |
| **herbivore (special)** | **creamy coconut, potato & lentil curry** |   | onion, garlic, ginger, coconut milk, tomato paste, tomato, |
|  | **Jasmine rice** | |
|  | **roasted vegetable medley** |   | zucchini , yellow squash, cauliflower , broccoli, garlic, turmeric, cumin, paprika |
| **global (special)** | **Rosemary & garlic rotisserie chicken** | |
|  | **macaroni & cheese** |  **Special Instructions:** milk, cheddar, garlic , salt, pepper, cream cheese |
|  | **green bean almandine** |   **Special Instructions:** sesame oil, soy sauce, sugar, ginger, garlic, samba chili, white pepper |
|  | **quinoa stuffed portobello mushrooms** |   **Special Instructions:** quinoa pilaf, marinated portobello mushrooms olive oil, fresh herbs, balsamic |
| **oasis (special)** | **beef Chile colorado** |  | beef, tomato, ancho chili, guajillo chili, onion, garlic, cumin, clove, salt, pepper |
|  | **roasted potato** |   | grape seed oil, salt, pepper |
|  | **steamed broccoli** | |
|  | **roasted cauliflower** | grape seed oil, salt, pepper |
|  | **lentil stew** | |
|  | **roasted carrots** | dill, salt, pepper and onions |
| **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 |
| **Soup (special)** | **green chicken pozole soup** | |
| **sweets (special)** | **Chocolate chip cookies** |

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| **Brunch** | |
| **Grill (special)** | **avocado toast bar** |
|  | **impossible burger** |  | served on a sesame bun |
|  | **onion** |
|  | **arugula** | |
|  | **tomato** | |
|  | **balsamic glaze** | |
|  | **fried egg** | |
|  | **balsamic glaze** | |
| **herbivore (special)** | **chia pudding bar** | |
| **global (special)** | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper |
|  | **breakfast vegetarian patty** | |
|  | **roasted vegetable & cheese frittata** |   | bell pepper, onion, broccoli, eggplant, tomato, heavy cream, mozzarella cheese |
|  | **scrambled egg** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, olive oil |
|  | **pork patty sausage** |
|  | **sticky rice** | |
|  | **roasted sweet potatoes** |   | olive oil, salt, pepper |
|  | **tofu scramble** |  **Special Instructions:** onion, bell peppers, turmeric, salt, pepper, cilantro |
|  | **sauteed mushrooms with kale** | |
| **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, |
|  | **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 |
|  | **cheese pizza** | |
| **Soup (special)** | **oatmeal** | |
|  | **cream of broccoli** |   **Special Instructions:** onion |
| **Breakfast** | |
| **sweets (special)** | **croissants** |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **classic smashed burger** |  | shredded iceberg, tomato, onion cheddar, American dressing sesame bun  **SIDE:** curly fry |
|  | **Cheese Burger** |
|  | **Fries** |
| **herbivore (special)** | **falafel bowl** |
|  | **Bulger wheat** |  | onion, pepper, salt, sweet roasted pepper |
|  | **cucumber** | |
|  | **olives** | |
|  | **tomato** | |
|  | **arugula & iceberg** |
|  | **green pea falafel** | |
| **global (special)** | **parmesan cheese** | |
|  | **chicken penne pesto** |  **Special Instructions:** sun-dried tomato, garlic, rosemary, white wine, caramelized onion, parsley |
|  | **roasted vegetables** |   **Special Instructions:** olive oil, salt, pepper |
|  | **impossible bolognese with 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 |
| **oasis (special)** | **apricot chicken** | |
|  | **quinoa primavera** |   | onion, carrots, celery, peas, carrots |
|  | **roasted brussels sprouts** |   | olive oil, salt, pepper |
|  | **roasted zucchini & yellow squash** | |
|  | **chickpea stew** |   | olive oil, onion, celery, carrot, saffron, garlic, spinach , tomato |
| **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 |
| **Soup (special)** | **cream of broccoli** |   **Special Instructions:** onion |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate Brownie** |