|  |  |
| --- | --- |
| **Brunch** | |
| **global (special)** | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper | olive oil, salt, pepper, basil, parsley, shallot |
| **Breakfast** | |
| **global (special)** | **veggie scramble** |   | broccoli, mushroom, onion, spinach, tomato |
|  | **scrambled eggs** | |
|  | **breakfast potato** |   | onion, salt, pepper |
|  | **bacon** |
|  | **breakfast vegetarian patty** | |
|  | **rice** | |
|  | **chickpeas stir fry** |   **Special Instructions:** , onion, tomato, mixed sweet peppers, turmeric, salt & pepper |
|  | **roasted cauliflower** |   **Special Instructions:** 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)** | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onion, and yogurt mint dressing on a sesame bun |
|  | **street dog** |   | bacon wrapped hot dog, onion, pepper medley . |
|  | **cheese steak sandwich** | onion, pepper medley, cheddar cheese sauce |
|  | **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 |
|  | **fries** | |
| **herbivore (special)** | **tofu teriyaki bowl** |   | tofu, tamari soy sauce, pineapple juice, brown sugar, rice wine , corn starch. |
|  | **brown rice** | |
|  | **steamed vegetable** |   | snowpeas, cabbage , carrot |
| **global (special)** | **greek inspired lemon chicken** |   **Special Instructions:** olive oil, chicken thigh, onion, garlic, chicken broth, oregano, lemon zest, preserved lemon, garlic | JF Organic Farms |
|  | **oven roasted white rose potato wedges** |   | capers, fresh herbs, olive oil, parsley, salt, pepper |
|  | **roasted feta zucchini with heirloom cherry tomato** |   | olive oil, salt, pepper, paprika, garlic, |
|  | **steamed broccoli** | |
|  | **tzatziki** |   **Special Instructions:** greek yogurt, lemon juice, cucumber, mint, cumin, salt, white pepper, |
|  | **dinner rolls** |  **Special Instructions:** butter, garlic, parmesan cheese, parsley |
| **oasis (special)** | **cuban inspired pork mojo** |    | orange juice, lime juice, cumin, oregano, onion, canola oil, salt , pepper, fresh herbs garlic, Babe Farms |
|  | **black beans & rice** |   **Special Instructions:** pepper medley, onion, parboiled rice, black beans, cumin, oregano, bay leaf, salt, pepper |
|  | **roasted asparagus** | |
|  | **roasted cauliflower** |    | olive oil, salt, pepper, parsley Babe Farms |
|  | **potato & vegetable hearty stew** |   | potato, carrots, celery, kidney beans, parsley, tomato, fresh herbs, salt , pepper , olives |
| **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 |
| **Soup (special)** | **impossible Mexican albondigas soup** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate Brownie** |
| **Dinner** | |
| **Grill (special)** | **impossible burger** |  | shredded iceberg lettuce, sliced tomatoes, red onion, and yogurt mint dressing on a sesame bun |
|  | **substitute lettuce wrap for any burger or sandwich** |
|  | **street taco bar** | |
|  | **grilled chicken** | |
|  | **carne asada** | |
|  | **pork carnitas** | |
|  | **corn tortillas** | |
| **herbivore (special)** | **refried beans** | |
|  | **spanish rice** | |
|  | **guacamole** |   **Special Instructions:** onion, cilantro, tomato, lime juice, cumin, salt, pepper |
|  | **pico de gallo** |   **Special Instructions:** onion, tomato, jalapeno, salt, pepper, lime juice, cilantro |
|  | **tortilla chips** | |
|  | **impossible meat** |   | onion, dice pepper medley, cilantro, salt, pepper, paprika, cumin |
| **global (special)** | **shrimp rigatoni with creamy salsa al peperoncinoSpecial Instructions:** chili flakes, piquillo pepper, onion, garlic, almond, salt, pepper, heavy cream, parmesan cheese, pasta water, basil garnish | contains walnuts! |
|  | **penne pasta ala peperoncino with vegan shrimp** |   **Special Instructions:** coconut milk, nutritional yeast, piquillo pepper, roasted garlic, salt, pepper, | peas |
|  | **parmesan cheese** | |
|  | **steamed broccoli** |
| **oasis (special)** | **mash potatoes** |   | salt, pepper, |
|  | **roasted zucchini & yellow squash** |   | olive oil, salt , pepper, |
|  | **steamed broccolini** | |
|  | **beef stew** |    | olive oil, salt , pepper, shallot, parsley, pepper, potato, carrot, celery |
|  | **allergy free chicken** |   | Mariposa Ranch |
| **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** | |
|  | **hawaiian pizza** |
| **Soup (special)** | **impossible Mexican albondigas soup** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate Brownie** |

|  |  |
| --- | --- |
| **Brunch** | |
| **global (special)** | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper | olive oil, salt, pepper, basil, parsley, shallot |
| **Breakfast** | |
| **Grill (special)** | **pancake bar** | |
|  | **mixed berries** | |
|  | **whipped cream** | |
|  | **strawberry topping** | |
| **global (special)** | **scrambled eggs** | |
|  | **breakfast potato** | |
|  | **breakfast vegetarian patty** | |
|  | **pork link** | |
|  | **sticky 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, |
| **Soup (special)** | **oatmeal** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Lunch** | |
| **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 lettuce, tomatoes, onions, cheddar cheese, and american dressing on a sesame bun |
|  | **fries** | |
| **herbivore (special)** | **vegan orange chicken** |  | pepper medley, onion, garlic, soy, ginger, sesame oil |
|  | **jasmine rice** | |
|  | **steamed broccoli** | |
| **global (special)** | **baked achiote salmon** | |
|  | **cilantro lime rice** |   **Special Instructions:** parboiled rice, salt, pepper, onion powder, nutritional yeast, cilantro , lime juice, canola oil |
|  | **roasted chayote & carrots** |   **Special Instructions:** vegan butter, onion, chayote, carrot |
|  | **black beans** |   **Special Instructions:** onion, salt, pepper |
|  | **serrano avocado aioli** |   | mayonnaise, serrano chili, cilantro, lime juice, salt, pepper |
|  | **adobo baked tofu** |   **Special Instructions:** achiote, orange juice, salt, pepper, agave, canola oil, garlic |
| **oasis (special)** | **roasted leg of lamb arugula pesto** |   **Special Instructions:** arugula pesto, arugula, olive oil, mint, salt, pepper, red vine vinegar, agave, nutritional yeast | fresh herbs, salt , pepper, canola oil |
|  | **herb roasted rosemary potatoes** |   | olive oil, fresh herbs, salt , pepper |
|  | **parsley rainbow carrots** |   | salt, pepper, olive oil |
|  | **broccolini** | |
|  | **allergy free chicken** |  | olive oil, salt, pepper |
|  | **quinoa cakes** |   | garbanzo bean, cilantro, quinoa, cumin, salt, pepper, onion, gluten free flour, baking powder, |
| **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 |
|  | **santa fe baked tofu salad** |   | romaine lettuce, grilled corn, tomato, vegan cheddar cheese, tortilla strips, ancho chili baked tofu, vegan chipotle ranch |
|  | **Santa Fe grilled chicken salad** |   | romaine lettuce, cheddar cheese, ancho chili chicken, black beans, tomato, grilled corn chipotle ranch JF Organic Farms |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **deli (special)** | **deli bar** |  | Bread Los Angeles |
|  | **sliced turkey breast** |
|  | **sliced salami** | |
|  | **organic arugula** |     | JF Organic Farms |
|  | **roasted vegetables** |   | zucchini , yellow squash, red onion, sliced mushrooms, salt, pepper, olive oil |
|  | **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 |
| **Soup (special)** | **turkey chili** | |
|  | **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 |
|  | **classic smashed burger** |  | shredded iceberg lettuce, tomatoes, onions, cheddar cheese, and american dressing on a sesame bun |
|  | **grilled cheese** | |
| **herbivore (special)** | **ancient grain bowl** | |
|  | **baby organic kale & spinach** | |
|  | **wheat berry** | |
|  | **toasted almonds** | |
|  | **dry cranberries** | |
|  | **spiced pepita** |   **Special Instructions:** olive oil, paprika, salt |
|  | **avocado cilantro crema** |   **Special Instructions:** avocado, cilantro, coconut cream, salt, pepper |
|  | **fried garbanzo beans** | |
|  | **lemon preserve vinagrete** |   **Special Instructions:** canola oil, preserved lemons, agave, apple cider vinegar, salt, pepper |
| **global (special)** | **beijing inspired 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 |
|  | **beijing inspired fried tofu** | |
|  | **Beijing inspired chicken** | |
| **oasis (special)** | **roasted chicken and potato vesuvio** |     | garlic, oregano, parsley, peas, potato, thyme, lemon juice, red pepper flakes, olive oil, white wine, Canyon Farms  **SIDE:** contains onions and garlic |
|  | **quinoa primavera** |    | carrot celery Kenter Canyon Farms |
|  | **sauteed green beans** |   | olive oil, salt, pepper |
|  | **roasted brussels sprouts** |   | olive oil, salt, pepper |
|  | **italian inspired vegetable stew** |    | eggplant, onion, garlic, celery, carrot, potato, kidney bean, red and green pepper, crushed tomato, sugar, salt, pepper, Kenter Canyon Farms |
|  | **allergy free pork loin** | |
| **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 |
|  | **santa fe baked tofu salad** |   | romaine lettuce, grilled corn, tomato, vegan cheddar cheese, tortilla strips, ancho chili baked tofu, vegan chipotle ranch |
|  | **Santa Fe grilled chicken salad** |   | romaine lettuce, cheddar cheese, ancho chili chicken, black beans, tomato, grilled corn chipotle ranch JF Organic Farms |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **margarita pizza** | |
|  | **sausage & bacon pizzaSpecial Instructions:** fresh hand tossed dough, house made tomato sauce, pepperoni, mozzarella cheese |
|  | **roasted veggie pizza with gluten free crust** | |
|  | **cheese pizza** | |
| **Soup (special)** | **turkey chili** | |
|  | **vegan tomato bisque** | |
| **sweets (special)** | **Chocolate chip cookies** |

|  |  |
| --- | --- |
| **Breakfast** | |
| **herbivore (special)** | **tropical smoothie** |   | pineapple, mango, spinach |
|  | **açaí smoothie** | |
| **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 patty** |
|  | **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** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **sweets (special)** | **blueberry pecan muffin** |
| **Lunch** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **grilled pesto chicken sandwich** |  | pepita pesto aioli, arugula , tomato, onion, 4 oz chicken breast whole wheat honey bun  **SIDE:** \*contains pumpkin seeds |
|  | **fries** | |
|  | **onion rings** | |
|  | **vegan tenders** | |
| **herbivore (special)** | **falafel wrap** |
|  | **pea falafel** | |
|  | **cucumber tomato salad** |   **Special Instructions:** oregano fresh, mint, salt, pepper, cucumber, tomato, red onion |
|  | **lettuce** | |
|  | **pita** | |
|  | **tahini dressing** |   | vegan yogurt, tahini, lemon juice, garlic, salt |
| **global (special)** | **california sushi bowl** |
|  | **shushi rice** | |
|  | **dice fresh cucumber** | |
|  | **avocado** | |
|  | **surimi salad** |  | Japanese mayonnaise, chives, roasted garlic, sriracha , sesame seed Underwood Ranch VR Green Farms |
|  | **seaweed salad** | |
|  | **furikake** |   | contains sesame seeds |
|  | **edamame** |   **Special Instructions:** soy sauce, ginger, garlic, canola oil, sriracha , brown sugar |
| **oasis (special)** | **korean beef short rib** |  | Korean chili, brown sugar, salt, pepper, garlic, rice vinegar, ginger, garnish with green onion,  **SIDE:** contains garlic |
|  | **sticky rice** | |
|  | **roasted eggplant** |   | asian eggplant, scallion, liquid aminos, sugar, Korean chili, |
|  | **spicy charred bok choy** |   | liquid aminos, ginger |
|  | **mushroom rice patties** |   | rice , rice flour, parsley, cilantro, liquid aminos , mushroom, sesame seed baking powder. |
| **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 |
|  | **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 |
|  | **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 |
| **Soup (special)** | **beef & barley soup** |
|  | **vegan minestrone soup** |    | Three Sisters Farm |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **blueberry pecan muffin** |
|  | **flourless chocolate cake** | |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **fries** | |
|  | **onion rings** | |
|  | **vegan tenders** | |
|  | **cheese burger** | lettuce, onion, tomato, cheese |
| **herbivore (special)** | **quinoa power bowl** | |
|  | **roasted agave sweet potatoes** |   | agave, paprika, nutritional yeast, salt , pepper, olive oil |
|  | **sautéed kale** |   | olive oil, salt, pepper, |
|  | **roasted rainbow cauliflower** |   | olive oil, salt, pepper, paprika |
|  | **coconut marinated baked tofu** |   | coconut milk, soy sauce, lemon juice, salt, pepper |
|  | **vegan green goddess** |   **Special Instructions:** vegan yogurt , chives, caper, garlic, nutritional yeast, red wine vinegar, parsley, dijon mustard |
| **global (special)** | **shrimp boil bar** | |
|  | **garlic butter shrimp** |   | butter, garlic, lemon juice, shrimp, |
|  | **boiled red & white potato** | |
|  | **corn** | |
|  | **louisiana pork hot sausage** |
|  | **parmesan roasted brussels sprouts roasted pepper& garlic** | |
|  | **vegan shrimp boil** |   **Special Instructions:** marinate tofu, soy sauce, garlic, nori , seasoned corn starch, deep fry until golden crisp |
|  | **spicy vegan garlic butter** |   **Special Instructions:** lemon pepper, paprika, salt, pepper, sugar, chili flakes, old bay, granulated garlic, granulated onion, lemon juice, vegan butter |
|  | **spicy garlic butter** |   **Special Instructions:** lemon pepper, paprika, salt, pepper, sugar, chili flakes, old bay, granulated garlic, granulated onion, lemon juice, butter |
|  | **garlic bread** | |
| **oasis (special)** | **raspberry balsamic roasted pork loin** |   | fresh herbs, olive oil, salt pepper, balsamic, raspberries, brown sugar |
|  | **roasted fingerling potatoes** |   | olive oil, salt , pepper, fresh herbs |
|  | **sauteed rainbow swiss char** | |
|  | **roasted butternut squash** |    | olive oil, salt , pepper, fresh herbs Kenter Canyon Farms |
|  | **hearty root vegetable stew** |   | carrot, potato, parsnips, rutabaga , fresh herbs, garlic, salt , pepper, 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 |
|  | **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 |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
| **ovens (special)** | **roasted veggie pizza with gluten free crust** | |
|  | **margarita pizza** | |
|  | **bbq chicken pizza** | mozzarella, red onion, bbq pizza, jalapeño, cilantro |
| **Soup (special)** | **beef & barley soup** |
|  | **vegan minestrone soup** |    | Three Sisters Farm |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **flourless chocolate cake** | |

|  |  |
| --- | --- |
| **Breakfast** | |
| **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)** | **oatmeal** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **sweets (special)** | **sour cream Coffee cake** |
| **Lunch** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **seafood cake sandwich** |   | garlic aioli, crab, shrimp, shallot, panko, chives, salt, pepper |
|  | **fries** | |
| **herbivore (special)** | **vegan fiesta bowl** | |
|  | **cilantro lime cauliflower rice** |   | cilantro , lime, salt, pepper |
|  | **Impossible ground beef** |  | chili powder, onion, garlic, salt , pepper |
|  | **lentil** |   | salt, pepper |
|  | **roasted fiesta corn** |   | bell peppers, corn, salt, |
|  | **pico de gallo** |   | tomato, cucumber, onion, lime juice , salt |
|  | **coconut avocado crema** |   | avocado, lime juice, cilantro, salt |
| **global (special)** | **butter chicken** |   **Special Instructions:** marinade for chicken: butter, onion, garlic, ginger, cumin, masala, yogurt sauce :lemon juice, garam , coriander, chili powder, turmeric, cinnamon, kosher salt, chicken broth, crushed tomato, sugar, heavy cream , |
|  | **matar pulao 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, |
| **oasis (special)** | **blackened tri tip** |    | salt, pepper, sugar, garlic, paprika, cayenne pepper  **SIDE:** contains garlic |
|  | **roasted beet & sautéed kale** |   | olive oil, salt, pepper |
|  | **roasted brussels sprouts** |   | olive oil, salt, pepper |
|  | **blakened potato** |   | olive oil, salt, pepper, paprika, cayenne pepper |
|  | **roasted stuffed pepper** |   | kidney bean, peppers, onions, tomatoes |
| **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 |
|  | **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 |
|  | **sliced turkey breast** |
|  | **sliced salami** | |
|  | **roasted vegetables** |   | zucchini , yellow squash, red onion, sliced mushrooms, salt, pepper, olive oil |
|  | **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)** | **pork sausage & potato soup soup with bacon** |  **Special Instructions:** onion, garlic, celery, kale, potato sausage, tomato, chicken broth , paprika, heavy cream, salt, pepper. |
|  | **roasted corn & poblano pepper soup** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **cinnamon dulce de leche cheerio bars** | |
| **Dinner** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
|  | **seafood cake sandwich** |   | garlic aioli, crab, shrimp, shallot, panko, chives, salt, pepper |
|  | **surf & turf** |  **SIDES:** new york strip | salmon |
|  | **surf & turf sides**  **SIDES:** onion rings | steak fries | mushroom demi |
| **herbivore (special)** | **blakened asparagus** | |
|  | **sweet potato loaded mash** |   | oat milk , salt, pepper, , vegan butter Contains Soy! |
|  | **roasted crimini mushrooms** |   | olive oil, salt, pepper, fresh herbs |
|  | **impossible chicken nuggets** | |
| **global (special)** | **beef strogganoff** |  **Special Instructions:** beef chuck, salt, pepper, olive oil, onion, garlic, carrot, celery, tomato, red wine, beef stock, tomato paste, bay leaf, dried thyme, parmesan cheese, parsley garnish |
|  | **steamed broccoli** | |
|  | **roasted butternut squash pea penne pasta with pepita pesto** |   **Special Instructions:** roasted butternut squash, cherry heirloom tomato, peas |
|  | **balsamic roasted eggplant** |   | olive oil, balsamic, salt, pepper |
|  | **parmesan cheese** | |
|  | **dinner roll** | |
| **oasis (special)** | **jerk chicken** |     | chicken thigh , jerk spice Kenter Canyon Farms |
|  | **caribbean rice & beans** |   | garlic, kidney beans, ginger, onion, rice, coconut milk  **SIDE:** contains garlic and onions |
|  | **curry green beans** |   | olive oil, salt, pepper, curry, cayenne |
|  | **sweet potato yams** |   | olive oil, salt, pepper, paprika |
|  | **caribbean stew** |   | sweet potatoes, carrots, onions, red bell pepper, green bell pepper, yellow bell pepper, tomato, mint, kidney beans  **SIDE:** contains garlic |
| **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 |
|  | **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** | |
|  | **pepperoni pizzaSpecial Instructions:** fresh hand tossed dough, house made tomato sauce, pepperoni, mozzarella cheese |
| **Soup (special)** | **pork sausage & potato soup soup with bacon** |  **Special Instructions:** onion, garlic, celery, kale, potato sausage, tomato, chicken broth , paprika, heavy cream, salt, pepper. |
|  | **roasted corn & poblano pepper soup** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **cinnamon dulce de leche cheerio bars** | |

|  |  |
| --- | --- |
| **Breakfast** | |
| **global (special)** | **scrambled eggs** | |
|  | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper | olive oil, salt, pepper, basil, parsley, shallot |
|  | **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)** | **oatmeal** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **sweets (special)** | **raspberry and almond muffin** |
| **Lunch** | |
| **Grill (special)** | **baja inspired fish taco bar** |  | fried and pan seared catfish |
|  | **pico de gallo** |   | onion, tomato, cilantro lemon juice |
|  | **baja black beans** | |
|  | **red & green salsa** | |
|  | **slaw** |   | olive oil, salt, pepper, red wine vinegar |
|  | **cilantro rice** |  | onion, garlic, cilantro, salt, pepper butter contains Dairy! |
|  | **sour cream** | |
|  | **lemons** | |
| **herbivore (special)** | **Lentil Buddha bowl** | |
|  | **turmeric quinoa** | |
|  | **lentil l salad** |   | sweet red onion, salt, pepper, cumin , lemon juice, jalapeño |
|  | **Roasted tomatoes** |   | olive oil, salt, pepper |
|  | **roasted White yams** |   | olive oil, salt , pepper |
|  | **heirloom tomatoes** |   | salt, pepper, |
|  | **Roasted oyster & crimini mushrooms** |
|  | **Coconut basil cream** |
| **global (special)** | **fried chicken** |
|  | **baked macaroni and cheese with bacon** | |
|  | **cajun roasted broccoli** |   **Special Instructions:** cayenne pepper, salt, onion powder, sugar, paprika, olive oil |
|  | **street corn** |   **Special Instructions:** vegan mayo, cobija cheese, paprika, parsley | contains soy |
|  | **baked impossible meat loaf** |   **Special Instructions:** onion, celery, carrot, mushroom, quinoa, oats, |
| **oasis (special)** | **roasted rack of lamb** |    | lemon juice, olive oil, parsley, capers, shallot |
|  | **allergy free pork loin** |  | olive oil, salt, pepper |
|  | **lemon & herb garlic sliced potatoes** |   | lemon, rosemary, thyme, parsley, salt, pepper, garlic  **SIDE:** contains garlic |
|  | **roasted vegetable medley** |   | Brussel sprouts, butternut squash, paprika, cumin, olive oil, salt |
|  | **roasted beets & rainbow carrots** |   | olive oil, salt, pepper, fresh oregano, agave |
|  | **chickpea stew** |   | onion, carrot, celery, garbanzo beans, kale, salt, pepper, 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 |
|  | **Cobb salad** |    | romaine lettuce ,watercress, iceberg mix , tomato, blue cheese, tomato, turkey bacon, egg, avocado, grilled chicken, red vine vinaigrette Kenter Canyon Farms |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
|  | **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** | |
|  | **lentil tortilla soup** |   **Special Instructions:** onion, garlic, pepper medley, corn, kidney beans, lentil, tomato paste, dice tomato, vegetable broth, chili powder, cumin, oregano, salt, pepper, lime juice. cilantro & tortilla strips |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **blondie** | |
| **Dinner** | |
| **Grill (special)** | **wings bar** |  | buffalo sauce , mango habanero  **SIDES:** carrot & celery sticks | ranch | fries |
|  | **Potato wedges** | |
| **herbivore (special)** | **greek inspired bowl with vegan chicken** | |
|  | **tabbouleh** |  | Bulger , parsley, mint, lemon juice |
|  | **vegan chicken** | |
|  | **Greek salad** |   | Tomatoes, red onion , cucumbers, olives |
|  | **Tahini dressing** |
| **global (special)** | **crepe bar** | |
|  | **mixed berries** | |
|  | **nutella** | |
|  | **chocolate chips** |
|  | **whipped cream** | |
|  | **strawberry topping** | |
|  | **peaches** | |
| **oasis (special)** | **Braised short rib** |   | cranberry sauce, figs, olive oil, salt pepper |
|  | **sauté spinach** | |
|  | **mediterranean chickpea stew** |   | chickpea, sweet potatoes, butternut squash, carrots, tomatoes, onions  **SIDE:** contains onions |
|  | **roasted brussel sprouts** |   | olive oil, salt , pepper |
|  | **rice pilaf** | |
| **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 |
|  | **Cobb salad** |    | romaine lettuce ,watercress, iceberg mix , tomato, blue cheese, tomato, turkey bacon, egg, avocado, grilled chicken, red vine vinaigrette Kenter Canyon Farms |
|  | **fresh fruit salad bar** |  **SIDE:** watermelon wedges |
|  | **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** | |
|  | **lentil tortilla soup** |   **Special Instructions:** onion, garlic, pepper medley, corn, kidney beans, lentil, tomato paste, dice tomato, vegetable broth, chili powder, cumin, oregano, salt, pepper, lime juice. cilantro & tortilla strips |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **blondie** | |

|  |  |
| --- | --- |
| **Brunch** | |
| **Grill (special)** | **chicken and waffles**  **SIDES:** syrup | butter |
| **herbivore (special)** | **acai bar** |  **SIDES:** mango | pineapple | chia seeds | house made granola |
| **global (special)** | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper | olive oil, salt, pepper, basil, parsley, shallot |
|  | **sauteed spinach & swiss frittata** | |
|  | **scrambled egg** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, olive oil |
|  | **bacon** | |
|  | **impossible breakfast patty** | |
|  | **quinoa pilaf** |   **Special Instructions:** onion, celery, carrot, olive oil, salt, pepper, spinach |
|  | **roasted sweet potatoes** |   | olive oil, salt, pepper |
|  | **tofu scramble** |   | onion, carrot, celery, parsley, turmeric, salt, pepper, olive oil, spinach |
|  | **sautéed spinach & roasted fennel** |   | olive oil, salt, pepper |
| **oasis (special)** | **caribbean chicken breast** |  | jerk seasoning, cinnamon, scallions, nutmeg, thyme, garlic, brown sugar, ginger, salt  **SIDE:** contains garlic |
|  | **coconut rice** |   | , garlic, onion, salt, pepper, coconut |
|  | **roasted butternut squash** |   | olive oil, salt, pepper |
|  | **lentil stew** |   | lentils, tomato, salt, and pepper  **SIDE:** contains onions |
| **salad (special)** | **yogurt parfait bar** |  **SIDES:** plain greek yogurt | strawberry yogurt parfait | peach yogurt parfait | house made granola | seasonal fruit |
| **ovens (special)** | **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** |
| **Lunch** | |
| **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 |
| **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 |
| **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 |
|  | **classic smashed burger** |  | shredded iceberg, tomato, onion cheddar, American dressing sesame bun  **SIDE:** Curly Fries |
| **herbivore (special)** | **tofu & vegetable curry** |    | coconut milk, onion, garlic, soy sauce, curry, carrot, celery, onion, rainbow cauliflower |
|  | **brown rice** | |
|  | **roasted zucchini & yellow squash** |   **Special Instructions:** korean chili, salt, pepper, canola oil |
| **global (special)** | **broccoli beef** | |
|  | **fried rice** |   **Special Instructions:** egg, peas, carrot, celery, onion, garlic, soy sauce, sesame oil |
|  | **bok choy & mushroom stir fry** |   **Special Instructions:** Korean dry chili, gluten free soy sauce, salt, pepper, oil |
|  | **plant base beef broccoli** | |
| **oasis (special)** | **caribbean chicken breast** |  | jerk seasoning, cinnamon, scallions, nutmeg, thyme, garlic, brown sugar, ginger, salt  **SIDE:** contains garlic |
|  | **coconut rice** |   | , garlic, onion, salt, pepper, coconut |
|  | **roasted butternut squash** |   | olive oil, salt, pepper |
|  | **steamed spinach** | |
|  | **lentil stew** |   | lentils, tomato, salt, and pepper  **SIDE:** contains 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** |

|  |  |
| --- | --- |
| **Brunch** | |
| **Grill (special)** | **avocado toast bar** |
|  | **mozzarella cheese** | |
|  | **arugula** | |
|  | **steak tomatoes** | |
|  | **red onion** | |
|  | **avocado spread** | |
|  | **impossible burger** |  | served on a sesame bun |
|  | **balsamic reduction** | |
|  | **Fried Eggs** |
| **herbivore (special)** | **overnight oat bar** |   | agave, oats, coconut milk  **SIDES:** cocoa nibs | mixed berries |
| **global (special)** | **marinated cherry tomatoes** |   **Special Instructions:** heirloom tomatoes, garlic, basil, parsley olive oil, salt, pepper | olive oil, salt, pepper, basil, parsley, shallot |
|  | **impossible breakfast patty** | |
|  | **chilaquiles guajillo sauce** |   | onion, garlic, guajillo chili, tomato, cumin, salt, pepper |
|  | **scrambled egg** | |
|  | **breakfast potato** |   **Special Instructions:** onion, pepper medley, salt, pepper, olive oil |
|  | **pork patty sausage** |
|  | **brown rice** | |
|  | **roasted butternut squash** |   **Special Instructions:** olive oil, salt, pepper, basil, garlic, red wine vinegar |
|  | **chickpea stir fry** |   | onion, bell peppers, turmeric, salt, pepper, cilantro |
|  | **sauteed mushrooms with kale** | |
| **oasis (special)** | **grilled flank steak** |    | balsamic vinegar, olive oil, rosemary, salt, pepper |
|  | **mushrooms & kale** |   | salt, pepper |
|  | **italian inspired eggplant & bean stew** |   | onion, garlic, celery, eggplant, butternut squash, kidney beans, basil, thyme |
| **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** | |
|  | **Tomato bisque** | |
|  | **steel cut oat meal** |  | daily made oatmeal served with brown sugar, raisins & butter |
| **Breakfast** | |
| **sweets (special)** | **croissants** |
| **Lunch** | |
| **Grill (special)** | **substitute lettuce wrap for any burger or sandwich** |
| **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 |
| **sweets (special)** | **Chocolate chip cookies** |
| **Dinner** | |
| **Grill (special)** | **classic smashed burger** |  | shredded iceberg, tomato, onion cheddar, American dressing sesame bun  **SIDE:** sweet potato fries |
|  | **substitute lettuce wrap for any burger or sandwich** |
| **herbivore (special)** | **kung pao brussels sprouts** |   | brussels, onion, pepper medley, garlic, ginger, soy sauce, sesame oil, brown sugar, chili flakes |
|  | **rice noodle stir fry** |   | napa cabbage, snow pea, red onion, soy sauce, ginger, garlic, brown sugar |
| **global (special)** | **chicken ravioli creamy basil alfredo** |
|  | **Roasted broccolini** |   **Special Instructions:** olive oil, salt, pepper |
|  | **parmesan cheese** | |
| **oasis (special)** | **grilled flank steak** |    | balsamic vinegar, olive oil, rosemary, salt, pepper |
|  | **herb roasted red potatoes** |   | rosemary, fresh herbs, olive oil, salt, pepper |
|  | **mushrooms & kale** |   | salt, pepper |
|  | **roasted asparagus** |  | salt, pepper, oil |
|  | **italian inspired eggplant & bean stew** |   | onion, garlic, celery, eggplant, butternut squash, kidney beans, basil, 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 |
| **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** | |
| **sweets (special)** | **Chocolate chip cookies** |
|  | **chocolate Brownie** |