

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Grilled Thai Steak Flat Iron Steak, Ginger, Tamari, Brown Sugar, Lime Juice, Fish Sauce, Garlic Powder, Salt, Pepper, Olive Oil, Sesame Oil, Topping Sauce- Lime Juice, Sambal Chili Sauce, Rice Bran Oil, Brown Sugar, Honey, Garlic, Salt, Herbs- Cilantro, Thai Basil, Mint, Scallions, Toasted Peanuts, Lime Wedges	Shrimp Gambas w/ Roasted Red Pepper Sauce and Grilled Lemon Shrimp, Garlic, Salt, Pepper, Chili Flakes, Olives, Lemon, Romesco Sauce- Red Peppers, Tomato, Garlic, Bread, Olive Oil, Red Wine Vinegar, Salt	Chicken Marsala Boneless Chicken, Onion, Mushrooms, Marsala Wine, Thyme, Garlic, Soy Milk, Greek Yogurt, Salt, Pepper, Garlic	Cajun Spiced Tilapia Tilapia, Blackening Spice- Cayenne Pepper, Salt, Black Pepper, Thyme, Onion Powder, Garlic Powder, Oregano, Lemon Juice	Duck Confit w/ Citrus Marmalade Duck, Thyme, Garlic, Salt, Pepper, Marmalade- Orange, Lemon, Grapefruit, Sugar, Apple Cider Vinegar, Green Onion
Vegetable Mains	Grilled Tofu and Vegetables with Ginger Sesame Dressing Tofu, Eggplant, Edamame, Serrano Chiles, Bean Sprouts, Green Onions, Cilantro, Cayenne Pepper, Sesame Oil, Grape Seed Oil, Vinaigrette- Sesame Oil, Rice Bran Oil, Ginger, Lime, Honey, Salt, Pepper	Vegetarian Spanish Rice Brown Rice, Tomato, Bell Peppers, Onion, Garlic, Castelvetro, Olives, Turmeric, Saffron, Chickpeas, Paprika, Cayenne Pepper, Lemon, Fresh Herbs	Pearl Couscous w/ Roasted Vegetables Couscous, Olive Oil, Salt, Pepper, Vegetable Stock, Thyme, Eggplant, Onion, Carrot, Bell Pepper, Kalamata Olives, Pine Nuts, Raisins, Lemon Juice	Cajun Style Red Beans Red Beans, Seitan, Onions, Celery, Bell Pepper, Garlic, Olive Oil, Vegetable Stock, TVP, Green Onion	Soba Noodles Salad w/ Yuba Strips Soba Noodles, Carrots, Pea Shoots, Bell Peppers, Pickled Onions, Yuba Strips, Sauce- Tamari, Lime Juice, Ginger, Sesame Oil, Rice Bran Oil, Brown Sugar
Vegetable Side	Spicy Cucumber Salad Cucumber, Fresno Chiles, Sesame Seeds, Rice Wine Vinegar, Salt, Chili Sauce	Blistered Shishito Peppers Peppers, Olive Oil, Salt, Manchego Cheese	Roasted Sunchokes Sunchokes, Sea Salt, Pepper, Chili Flakes, Lemon Juice, Olive Oil	Roasted Carrots w/ Spicy Dill Yogurt Carrots, Salt, Pepper, Yogurt Sauce- Greek Yogurt, Salt, Pepper, Dill, Blackening Seasoning	Roasted Brussels Sprouts w Kung Pao Sauce Brussels Sprouts, Salt, pepper, Rice Bran Oil, Sauce- Sambal Olek, Honey, Lime Juice, Sesame Oil, Rice Vinegar, Brown Sugar, Ginger