

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Chili Ginger Shrimp Shrimp, Lemongrass, Salt, Pepper, Ginger, Tamari, Garlic, Rice Wine Vinegar, Kaffir Lime Leaves, Brown Sugar, Chili Sauce	Flat Iron Steak Tacos Beef, Olive Oil, Salt, Lime Juice, Orange Juice, Cumin, Garlic, Pepper, Cilantro, Lime Wedges, Tortillas, Red Salsa-tomato, red onion, garlic, white vinegar, jalapeno and serrano chilies	Kadai Chicken Boneless Chicken, Olive Oil, Black Peppercorns, Bay Leaves, Coriander Seeds, Cumin Seeds, Garlic, Ginger, Serrano Peppers, Tomatoes, Chilli Powder, Paprika, Turmeric, Garam Masala, Salt, Pepper. Garnish with Cilantro	Italian Pork Sandwich Pork Shoulder-Spice Mix-Coriander, Fennel Seeds, Salt, Black Pepper, Brown Sugar, Wild Arugula, Onion Marmalade-Onion, Brown Sugar, Olive Oil, Chili Flakes, Cider Vinegar, Ginger, Green Mayo- Mayo, Dijon Mustard, Lemon Zest and Juice, Parsley, Jalapenos, Focaccia	Seafood Chowder Onion, Celery, Garlic, Yukon Potatoes, Thyme, Bay Leaf, Chives, Coconut Milk, Olive Oil, Clams, Shrimp, Blue Crab, Salt, Pepper, Old Bay Seasoning, Toasted Bread
Vegetable Mains	Vegetarian Stir Fry TVP, Carrots, Roasted Red Bell Peppers, Onions, Celery, Bok Choy, Pea Shoots, Chili Sauce- Lemongrass, Salt, Pepper, Ginger, Tamari, Garlic, Rice Wine Vinegar, Kaffir Lime Leaves, Brown Sugar, Chili Sauce	Roasted Eggplant and Toasted Hazelnut Tacos Eggplant, olive oil, salt, pepper, fresh garlic, fresh thyme, toasted hazelnuts, lime wedges, feta cheese, cilantro, tortillas	Veg Pulao Brown Rice, Onion, Garlic, Ginger, Carrots, Cauliflower, Bell Pepper, Green Peas Cumin Seeds, Garam Masala, Turmeric, Coriander, Paprika.	Grilled Vegetable Sandwich Grilled Eggplant, Red Peppers, Onion, Sun Dried Tomato, Wild Arugula, Mozzarella, Pesto- Basil, Spinach, Garlic, Lemon, Olive Oil, Walnuts, Salt, Focaccia	Vegetarian Mushroom Chowder Onion, Celery, Garlic, Carrots, Yukon Potatoes, Thyme, Bay Leaf, Chives, Mushrooms, Old Bay Seasoning, Coconut Milk, Salt, Pepper
Vegetable Side	Carrot Kimchi Carrot, Kimchi, Salt, Pepper, Rice Wine Vinegar, Green Cabbage, Korean Chili Flakes	Cucumber Salad Cucumber, Diced Red Onions, Diced Avocado, Salt, Black Pepper, Red Wine Vinegar, Lemon Juice, Dill, Olive Oil	Roasted Brussels Sprouts Brussels, Garlic, Ginger, Coriander Seeds, Paprika, Olive Oil, Salt, Pepper.	Grilled Asparagus Asparagus, Chili Flakes, Olive Oil, Garlic, Salt, Pepper	Celery and Apple Salad Celery, Apples, Peanuts, Green Onions, Fresno Chiles, Lemon Juice, Salt, Pepper, Olive Oil