

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish, and Seafood Mains</b>	<b>Coffee Rubbed Australian Lamb w/ White BBQ Sauce</b>  Lamb, Coffee, Smoked Paprika, Brown Sugar, Salt, Pepper, Dried Oregano, Coriander, Cayenne Pepper, Garlic Powder, Cumin, Dried Thyme, Ground Ginger, Olive Oil, Green Onions	<b>Turkey Burgers</b>  Turkey, Salt, Pepper, Dried Thyme, Oregano, Garlic, Eggs, Parsley, Panko Bread Crumbs, Yellow Onion, Mixed Greens, Tomato Spread- Sun Dried Tomatoes, Olive Oil, Salt, Pepper, Red Onion, Bread, House Pickles- Cucumber, Apple Cider Vinegar, Fennel Seed, Mustard Seed, Caraway, Dill, Garlic, Dijon Mayonnaise- Mayonnaise, Dijon Mustard, Lemon Juice  	<b>Caribbean Shrimp and Rice Bowl</b>  Shrimp, Grapeseed Oil, Jerk Seasoning- Salt, Pepper, Garlic Powder, Cayenne Pepper, Onion Powder, Dried Thyme, Sugar, Paprika, Allspice, Red Chili Flakes, Nutmeg, Cinnamon, Avocado Crema- Avocado, Lime Juice, Cilantro, Salt, Salsa Roja- Tomato, Cilantro, Garlic, Jalapeno, Lime, Salt, Chipotle Peppers, Black Beans, Brown Rice, Green Onion, Grilled Pineapple, Mango, Lime Wedge, Micro Cilantro	<b>Grilled Lebanese Chicken</b>  Boneless Chicken Thighs, Garlic, Egg, Lemon, Olive Oil, Tomato Paste, Coriander, Salt, Pepper, HouseMade Pickles- Cucumber, Garlic, Dill, Distilled White Vinegar, Water, Sugar, Salt, Peppercorns, Mustard Seeds, Celery Seeds, Coriander Seeds, Chili Flakes, Fresh Herbs	<b>Pork Posole</b>  Pork, Olive Oil, Onion, Garlic, Oregano, Chili Powder, Salt, Pepper, Bay Leaves, Tomato, Chicken Stock, Hominy, Red Quinoa, Queso Fresco, Radish, Cilantro, Lime Wedges, Cabbage
<b>Vegetable Mains</b>	<b>Grilled Tofu w/ White BBQ Sauce</b>  Tofu, Coffee, Smoked Paprika, Brown Sugar, Salt, Pepper, Dried Oregano, Coriander, Cayenne Pepper, Garlic Powder, Cumin, Dried Thyme, Ground Ginger, Olive Oil, Green Onion	<b>Veggie Burger</b>  Veggie Burger, Mixed Greens, Tomato Spread- Sun Dried Tomatoes, Olive Oil, Salt, Pepper, Red Onion, Bread, House Pickles- Cucumber, Apple Cider Vinegar, Fennel Seed, Mustard Seed, Caraway, Dill, Garlic, Dijon Mayonnaise- Mayonnaise, Dijon Mustard, Lemon Juice	<b>Caribbean Spiced Seitan and Rice Bowl</b>  Seitan, Grapeseed Oil, Jerk Seasoning- Salt, Pepper, Garlic Powder, Cayenne Pepper, Onion Powder, Dried Thyme, Sugar, Paprika, Allspice, Red Chili Flakes, Nutmeg, Cinnamon, Avocado Crema- Avocado, Lime Juice, Cilantro, Salt, Salsa Roja- Tomato, Cilantro, Garlic, Jalapeno, Lime, Salt, Chipotle Peppers, Black Beans, Brown Rice, Green Onion, Grilled Pineapple, Mango, Lime Wedge, Micro Cilantro	<b>Falafel with Tabbouleh</b>  Falafel, Tabbouleh- Bulgur, Parsley, Tomatoes, Mint, Onion, Olive Oil, Garlic, Scallions, Yogurt Sauce- Greek Yogurt, Lemon, Tahini, Garlic, Dill, Mint, Salt	<b>Vegetarian Mushroom and Poblano Posole</b>  Onion, Garlic, Poblanos, Jalapenos, Portobello Mushrooms, Oregano, Chili Powder, Salt, Pepper, Bay Leaves, Tomato, Vegetable Stock, Bulgur, Queso Fresco, Radish, Cilantro, Lime Wedges, Cabbage
<b>Vegetable Side</b>	<b>Grilled Broccolini and Kohlrabi w/Smoky Cashew Sauce</b>  Broccolini, Kohlrabi, Olive Oil, Salt, Pepper, Cashew Sauce- Cashews, Tomato, Nutritional Yeast, Smoked Paprika, Cayenne Pepper, Salt, Lime Juice	<b>Garlic Sweet Potato Fries</b>  Sweet Potatoes, Olive Oil, Salt, Pepper, Garlic, Parsley, Grana Padano	<b>Baked Plantains</b>  Plantains, Salt, Pepper, Grapeseed Oil, Cayenne Pepper, Brown Sugar, Garlic Powder, Green Onion	<b>Baba Gannoush w/ Grilled Lavash Bread</b>  Eggplant, Olive Oil, Cumin, Tahini, Garlic, Lemon, Salt, Lavash Bread, Oregano, Za'atar	<b>Melon and Cucumber Salad</b>  Melon, Cucumber, Feta Cheese, Mint, Honey Lime Dressing- Lime, White Wine Vinegar, Olive Oil, Honey, Salt, Pepper