

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Chicken Tinga Tostadas Chicken, Onions, Garlic, Tomatoes, Guajillo, Chipotle Adobo, Avocado Salsa: Avocado, Jalapeño, Tomatillos, Cilantro, Poblano, Lime Juice, Salt, Pepper, Creme Fraiche, Iceberg Lettuce, Radish, Queso Fresco, Black Beans, Onion, Garlic, Chilli Flakes, Lemon Juice Salt, Pepper	Smoked Salmon Grain Bowl Smoked Salmon, Grilled Asparagus, Roasted Potatoes, Radish, Braised Greens, Quinoa, Lemon, Pickled Onions, Avocado, Creme Fraiche Dressing- Creme Fraiche, White Wine Vinegar, Scallions, Chives, Dill, Olive Oil, Salt, Pepper	Korean Flank Steak Steak, Coriander, Dark Brown Sugar, Cilantro, Soy Sauce, Garlic, Jalapeno, Sesame Oil, Grapeseed Oil, Salt, Black Pepper, Garnish: Napa Cabbage Shredded, Carrots Shredded, Micro Cilantro, Green Onions	Andouille Sausage Stew Olive oil, Andouille Sausage, Onions, Carrots, Celery, Bell Pepper, Garlic, Tomato, Lemon Juice, Cumin, Thyme, Paprika, Chilli Flakes, Aduki Beans, Chickpeas, Chives, Parsley, Salt, Black Pepper.	Grilled Albacore Tuna w/ Herb Citrus Sauce Albacore Tuna, Salt, Pepper, Citrus Sauce- Lime Juice, Orange Juice, Lemon Juice, White Wine Vinegar, Honey, Oregano, Rosemary, Thyme, Garlic, Salt, Pepper
	Veggie Tostadas Onions, Garlic, Bell Pepper, Cauliflower, Avocado Salsa: Avocado, Jalapeño, Tomatillos, Cilantro, Poblano, Lime Juice, Salt, Pepper, Creme Fraiche, Iceberg Lettuce, Radish, Queso Fresco, Black Beans, Onion, Garlic, Chilli Flakes, Lemon Juice Salt, Pepper	Grilled Halloumi Bowl Halloumi Cheese, Olive Oil, Garlic, Chili Flakes, Grilled Asparagus, Roasted Potatoes, Radish, Braised Greens, Quinoa, Lemon, Pickled Onions, Avocado, Creme Fraiche Dressing- Creme Fraiche, White Wine Vinegar, Scallions, Chives, Dill, Olive Oil, Salt, Pepper	Korean marinated Tofu Coriander, Dark Brown Sugar, Cilantro, Soy Sauce, Garlic, Jalapeno, Sesame Oil, Grapeseed Oil, Salt, Black Pepper Garnished with Toasted Sesame Oil, Micro Greens	Red Lentil and Potatoes Stew Olive Oil, Onions, Yukon Potatoes, Red Lentil, Lemon Juice, Bell Pepper, Garlic, Jalapeño, Chilli Powder, Paprika, Curry Powder, Cumin, Turmeric, Cayenne Pepper, Tomatoes, Coconut Milk, Peas, Cashews, Cilantro, Salt, Black Pepper.	Grilled Vegetable Barley Risotto Barley, Salt, Pepper, Vegetable Stock, Grilled Asparagus, Onions, Red Bell Pepper, Carrots, Broccolini, Lemon Juice, Garlic, Lemon Juice, Soy Milk
Vegetable Side	Steamed Broccolini Broccolini, Lemon juice, Salt and Pepper.	Slow Roasted Carrots Carrots, Olive Oil, Honey, Toasted Almonds, Balsamic, Tarragon, Salt, Pepper	Garlic Asparagus Asparagus, Garlic, Sesame Oil, Honey, Soy Sauce, Hot Pepper Paste [gochujang] Garnished with Toasted sesame seeds	Red and Green Cabbage Salad Red Cabbage, Green Cabbage, Cucumbers, Carrots, Cilantro, Chilli Flakes, Dressing - Dijon Mustard, Shallot, Garlic, Lemon Juice, Honey, Orange Juice, White Wine Vinegar, Olive Oil, Salt, Black Pepper	Roasted Sunchokes Sunchokes, Sea Salt, Pepper, Parsley, Garlic, Lemon Juice