

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish, and Seafood Mains</b>	<b>Piri Piri Chicken</b> Boneless Chicken Thighs - Marinade- Garlic, Shallot, Bell Pepper, Fresno Chiles, Parsley, Cilantro, Paprika, Oregano, Lemon, Red Wine Vinegar, Olive Oil, Kosher Salt	<b>Grilled Pork Loin w/ Romesco Sauce</b> Pork Loin, Salt, Pepper, Brown Sugar, Fennel, Paprika, Romesco Sauce- Roasted Peppers, Tomato, Bread, Red Wine Vinegar, Almonds, Olive Oil, Garlic, Salt, Pepper	<b>Beef Udon Noodle Bowl</b> Sirloin Beef, Salt, Pepper, Garlic, Korean Chili Flakes, Rice Bran Oil, Udon Noodles, Dashi- Bonito Flakes, Kombu, Dried Shiitake Mushrooms, Tamari, Mirin, Sugar, Salt, Green Onions, Cilantro, Fish Cakes	<b>Lamb Tagine</b> Lamb Shoulder, Rub-Paprika, Turmeric, Cumin, Cayenne Pepper, Cinnamon, Ground Cloves, Cardamom, Salt, Ground Ginger, Saffron, Garlic Powder, Coriander, Onion, Carrots, Garlic, Ginger, Lemon, Tomato, Honey	<b>Roasted Halibut w/Artichoke Salad</b> Halibut, Salt, Pepper, Thyme, Garlic Powder, Artichoke Salad- Artichoke Hearts, Olive Oil, Dill, Salt, Pepper, Red Wine Vinegar, Red Onion, Red Bell Pepper, Micro Greens
<b>Vegetable Mains</b>	<b>Slow Cooked Chickpeas</b> Spinach, Onion, Garlic, Roasted Tomatoes, Salt, Pepper, Lime, Serrano Chiles, Coconut Milk, Chickpeas, Bell Peppers, Curry Leaves.	<b>Pearl Barley “Risotto” with Grilled Asparagus and Roasted Mushrooms</b> Barley, Asparagus, Mushrooms, Onion, Garlic, Vegetable Stock, White Wine, Olive Oil, Salt, Pepper, Grana Padano Cheese	<b>Tofu Udon Noodle Bowl</b> Tofu, Salt, Pepper, Grape Seed Oil, Tamari, Udon Noodles, Vegetarian Dashi- , Kombu, Shiitake Mushrooms, Tamari, Mirin, Sugar, Salt, Green Onions, Cilantro, Broccolini	<b>Chickpea Shakshuka</b> Chickpeas, Grapeseed Oil, Yellow Onion, Red Bell Pepper, Garlic, Tomato, Maple Syrup Salt, Pepper, Paprika, Cumin, Chili Powder, Cinnamon, Cayenne Pepper, Cardamon, Coriander, Kalamata Olives	<b>Tuscan White Beans</b> Cannellini Beans, Yellow Onion, Carrot, Celery, Garlic, Salt, Pepper, Tomato, Paprika, Olive Oil, Vegetable Stock, Allspice, Red Chili Flakes, Spinach
<b>Vegetable Side</b>	<b>Roasted Potatoes with Grilled Spring Onions and Grilled Lemon</b> Yukon Potatoes, Wild Arugula, Grilled Spring Onions, Oregano, Parsley, Garlic, Lemon, Olive Oil, Shallots, Whole Grain Mustard, Salt, Pepper	<b>Grilled Caulilini with Lemon Mignonette</b> Caulilini, Olive Oil, Garlic, Salt, Mignonette- Lemon, White Wine Vinegar, Shallots, Tarragon, Black Pepper	<b>Roasted Edamame</b> Edamame, Tamari, Garlic, Grape Seed Oil, Salt	<b>Kelewele</b> Plantains, Cayenne Pepper, Yellow Onion, Salt, Ginger, Garlic, Lemon, Nutmeg, Grapeseed Oil	<b>Grilled Broccolini</b> Broccolini, Salt, Pepper, Lemon, Chili Flakes, Garlic