

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish, and Seafood Mains</b>	<b>Grilled Flat Iron Steak w/ Grilled Spring Onion Salsa Verde</b>  Flat Iron Steak, Lemon, Garlic, Olive Oil, Salt, Pepper, Oregano Spring Onion Salsa Verde- Spring Onions, Cilantro, Garlic, Shallots, Lemon, Olive Oil, Salt, Pepper	<b>Turkey Chili</b>  Ground Turkey, Onion, Garlic, Bell Pepper, Celery, Jalapeno, Oregano, Chili Powder, Cumin, Tomato, Vegetable Stock, Salt, Black Pepper, Kidney, and Pinto Beans, Greek Yogurt, Green Onions, Cilantro	<b>Cuban Pork Sandwich</b>  Slow Roasted Pork, Salt, Pepper, Ham, Provolone Cheese, House Made Pickles, Dijon Mustard Spread- Dijon Mustard, Mayonnaise, Salt, Pepper, Lemon Juice, Bread	<b>Grilled Black Cod w/ Red Wine Miso Sauce</b>  Cod, Salt, Pepper, Miso Sauce- Miso Paste, Tamari, Ginger, Red Wine, Shallots, Garlic, Pepper, Pea Shoots	<b>Saffron Chicken</b>  Chicken, Saffron Marinade- Saffron, Salt, Pepper, White Wine, Olive Oil, Garlic, Lemon Juice, Parsley, Cilantro
<b>Vegetable Mains</b>	<b>Grilled Pepper Pasta with Mozzarella and Fresh Herbs</b>  Penne Pasta, Grilled Peppers, Onions, Basil, Oregano, Mozzarella, Sun Dried Tomatoes, Red Wine Vinegar, Olive Oil, Garlic, Salt, Pepper, Chili Flakes	<b>Vegetarian Chili</b>  Onion, Garlic, Bell Pepper, Celery, TVP, Jalapeno, Oregano, Chili Powder, Cumin, Tomato, Vegetable Stock, Salt, Black Pepper, Kidney Beans, and Pinto Beans, Greek Yogurt, Green Onions, Cilantro	<b>Vegetarian Cubano Sandwich</b>  Roasted Carrots, Roasted Celery Root, Grilled Asparagus, Salt, Pepper, Olive Oil, Provolone Cheese, House Made Pickles, Dijon Mustard Spread- Dijon Mustard, Mayonnaise, Salt, Pepper, Lemon Juice, Bread	<b>Grilled Tofu w/ Miso Glaze</b>  Tofu, Salt, Pepper, Sesame Seed Oil, Miso Glaze- Miso Paste, Tamari, Shallots, Garlic, Pepper, Ginger, Lemon Grass, Rice Wine Vinegar, Brown Sugar, Lime Juice, Pea Shoots, Mint	<b>Saffron Arroz</b>  Rice, Chickpeas, Black Beans, Onions, Red Bell Pepper, Saffron, White Wine, Olive Oil, Vegetable Stock, Garlic, Green Peas, Fresh Herbs
<b>Vegetable Side</b>	<b>Roasted Caulilini with Herb Mignonette</b>  Caulilini, Olive Oil, Garlic, Salt, Red Onion, Radish, Mignonette-Red Wine Vinegar, Shallots, Tarragon, Black Pepper	<b>Shaved Broccoli and Fennel Salad</b>  Broccoli, Fennel, Dried Cherries, Pickled Onions, Salted Almonds, Feta Cheese, Apple Cider Vinaigrette- Cider Vinegar, Grape Seed Oil, Honey, Dijon, Salt	<b>Roasted Vegetables with Mojo Sauce</b>  Red Bell Pepper, Green Pepper, Onion, Eggplant, Zucchini, Mojo Sauce- Orange Juice, Lime Juice, Salt, Garlic, Oregano, Olive Oil, Cumin	<b>Grilled Long Beans w/ Ginger Sauce</b>  Long Beans, Salt, Pepper, Ginger Sauce- Ginger, Green Onion, Yellow Onion, Ginger, Sesame Seed Oil, Lime Juice, Honey, Chili Flakes, Sesame Seeds	<b>Grilled Pineapple Salad</b>  Pineapple, Red Bell Pepper, Grilled Onions, Jalapenos, Aleppo Chili Flakes, Cilantro, Pasilla Peppers