

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Mediterranean Chicken and Tomato Stew Chicken, Salt, Pepper, Cumin, Tomato, Capers, Olives, Chickpeas, Orecchiette Pasta, Caraway Seeds, Lemon, Garlic, Fresh Herbs	Slow Cooked Pork Mole Pork Shoulder, Dried Chiles, Tortillas, Roasted Tomatoes, Onion, Chipotle in Adobo, Almonds, Chocolate, Cumin, Cinnamon, Allspice, Clove, Nutmeg, Apple Cider Vinegar, Garnish w/ Queso Fresco, Cilantro, Quick Pickled Onions & Serve w/ Corn Tortillas	Teriyaki Salmon Noodle Bowl Salmon, Toasted Sesame Seeds, Teriyaki- Tamari, Mirin, Green Onions, Shiitake Mushrooms, Sugar, Udon Noodles, Seaweed Salad, Carrots, Edamame	Steak Gyros Flank Steak, Garlic, Olive Oil, Lemon, Oregano, Red Onions, Cucumber, Tomatoes, Salt, Pepper, Greek Yogurt Sauce- Yogurt, Cucumber, Garlic, Lemon, Dill, Salt, Pepper	Piri Piri Chicken Bone in Chicken, Garlic, Parsley, Cilantro, Bell Pepper, Fresno Chiles, Lemon, Shallot, Paprika, Red Wine Vinegar, Olive Oil, Oregano, Salt, Pepper, Fresh Herbs, Grilled Lemon
Vegetable Mains	Moroccan Lentil Stew Lentils, Onion, Garlic, Celery, Cumin, Coriander, Ras al Hannout, Tomato, Vegetable Stock, Fresno Chiles, Red Onion, Cinnamon, Brown Sugar, Lemon, Olive Oil, Salt, Cilantro	Slow Cooked Vegetarian Mole Grilled Tofu, Dried Chiles, Tortillas, Roasted Tomatoes, Onion, Chipotle in Adobo, Almonds, Chocolate, Cumin, Cinnamon, Allspice, Clove, Nutmeg, Apple Cider Vinegar, Garnish w/ Queso Fresco, Cilantro, & Serve w/ Corn Tortillas	Teriyaki Tofu Bowl Tofu, Toasted Sesame Seeds, Teriyaki- Tamari, Mirin, Green Onions, Shiitake Mushrooms, Sugar, Udon Noodles, Seaweed Salad, Carrots, Edamame	Portobello Mushroom Gyros Mushrooms, Garlic, Olive Oil, Oregano, Lemon, Red Onions, Cucumber, Tomatoes, Salt, Pepper, Greek Yogurt Sauce- Yogurt, Cucumber, Garlic, Lemon, Dill, Salt, Pepper	Spiced Chickpea Tabbouleh Chickpeas, bulgur, cumin, coriander, turmeric, bell pepper, onion, fresh herbs- parsley, oregano, olive oil, lemon, salt, pepper, roasted garlic
Vegetable Side	Roasted Cauliflower Salad Cauliflower, Fresno Chiles, Kalamata Olives, Arugula, Red Onion, Za'tar, Cherry Tomatoes, Tahini, Greek Yogurt, Lemon, Salt	Mandarin and Quinoa Salad Red Quinoa, Mandarin Orange, Avocado, Red Onion, Spinach, Cilantro, Orange Chili Dressing- Orange, Lime, Avocado, Agave, Hot Sauce, Cumin, Salt, Pepper, Cilantro, Olive Oil	Grilled Long Beans Long Beans, Ginger Miso Dressing- Brown Sugar, Tamari, Miso Paste Rice Vinegar, Mirin, Ginger, Garlic, Sesame Oil, Chili Flakes, White Pepper	Tomato and Olive Salad Mixed Greens, Tomato, Kalamata Olives, Cucumber, Red Onion, Red Wine Vinaigrette- Red Wine Vinegar, Garlic, Olive Oil, Oregano, Salt	Grilled Caulilini Caulilini, Herbs, lemon, Chili Flakes, Olive Oil, Salt, Pepper