

marinara

# A Pasta Bar of Possibilities

MIX-AND-MATCH PASTA, SAUCES AND ADD-INS  
THE PASTABILITIES ARE ENDLESS!

Week of Sept. 7th, Week of Oct. 26th, Week of Nov. 23rd





## All Bowls Include a Breadstick

Pasta Bowl -Protein \$11.99

**V** Pasta Bowl -Vegetarian \$10.99

**1 - Pick Pasta**   cal

Penne 310

Cavatappi 210

**2 - Vegetables**   cal

Ask your chef about today's vegetable options.

**3 – Proteins - Pick 1** cal

Italian Beef & Pork Meatballs 380

  Balsamic Grilled Chicken 130

 Vegan Meatballs 150

Italian Sausage 190

**4 - Sauces** cal

**V** Marinara 60

An Italian plum tomato sauce simmered with basil.

**V** Alfredo 300

A creamy with sauce finished with parmesan cheese

**5 - Toppings, Sides & Bread** cal

**V** Parmesan Cheese 15

 Crushed Red Pepper 5

 Cracked Black Pepper 0

**V** Garlic Bread Stick 150



Mindful



Vegan



Vegetarian



Plant Based



Halal

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.



# *The Risotto Experience*

by Executive Chef Jocelyn

Week of October 19th

# Risotto Menu

all orders are accompanied with a Garlic Breadstick

## Start With

|           | cal |
|-----------|-----|
| Butter    | 210 |
| Olive Oil | 240 |

## Pick Your Broth

|                 | cal |
|-----------------|-----|
| Chicken Broth   | 24  |
| Vegetable Broth | 10  |

## Finish With

|                 | cal |
|-----------------|-----|
| Cream           | 205 |
| Parmesan Cheese | 90  |
| Fresh Herbs     | 5   |

## Pick Your Vegetables

|                    | cal |
|--------------------|-----|
| Onions             | 40  |
| Peas               | 70  |
| Mushrooms          | 60  |
| Butternut Squash   | 40  |
| Diced Tomatoes     | 20  |
| Roasted Sweet Corn | 120 |

## Pick Your Proteins

|         |         | cal |
|---------|---------|-----|
| Chicken | \$12.49 | 200 |
| Sausage | \$12.49 | 350 |
| Shrimp  | \$13.49 | 240 |
| Tofu    | \$11.49 | 170 |



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# SPICE *market*



Week of Sept. 9th, Week of Nov 2nd, Week of Nov. 30th



SPICE  
market

MAIN DISH

|       |                  |         |
|-------|------------------|---------|
| V     | Curried Tofu     | \$10.99 |
| Halal | Tandoori Chicken | \$11.99 |
|       | Curried Beef     | \$12.99 |

PICK 1 SAUCE

|    |                                                     |     |
|----|-----------------------------------------------------|-----|
| VG | Curry                                               | 250 |
|    | Northwestern Indian style creamy tomato onion sauce |     |
| V  | Vindaloo                                            | 200 |
|    | A popular, heavily spiced sauce                     |     |
| V  | Tikka Masala                                        | 270 |
|    | A subtly spiced tomato cream sauce                  |     |

VEGETABLES

|    |                                   |
|----|-----------------------------------|
| VG | Roasted Sweet Potato              |
| VG | Roasted Cauliflower               |
| VG | Curried Eggplant & Garbanzo Beans |

ACCOMPANIED WITH cal

|    |                                                       |     |
|----|-------------------------------------------------------|-----|
| VG | Pulao Rice                                            | 110 |
|    | Basmati rice simmered with cinnamon, cumin and cloves |     |
|    | Basmati Rice                                          | 110 |
| V  | Naan                                                  | 150 |
| V  | Tomato Chutney                                        | 30  |
|    | Tamarind Chutney                                      | 60  |
| V  | Mango Chutney                                         | 40  |

# M & C



Week of Sept. 28th, Week of Nov. 9th, Week of Dec. 7th



# Choose You Mac

|                                                                                   |                                                                                                                                    |         | cal |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------|-----|
|  | <b>Buffalo Chicken Mac</b> Grilled chicken, celery, and carrots tossed with buffalo cheddar cheese sauce, and blue cheese crumbles | \$11.99 | 367 |
|  | <b>4 Cheese Mac</b> Cheddar, Swiss, Mozzarella, and Parmesan cheese tossed with fresh pasta                                        | \$10.99 | 450 |
|  | <b>Veggie Mac</b> Roasted eggplant, mushrooms, broccoli, onions, peppers and peas tossed with cheese sauce                         | \$10.99 | 377 |

# Finishing Touches

|                                                                                     |             | cal |                                                                                       | cal                      |
|-------------------------------------------------------------------------------------|-------------|-----|---------------------------------------------------------------------------------------|--------------------------|
|                                                                                     | Bacon Bits  | 85  |  | Blue Cheese Crumbles 100 |
|  | Scallions   | 5   |  | Buffalo Sauce 50         |
|  | Feta Cheese | 75  |  | Shredded Parmesan 25     |
|  | Jalapeno    | 26  |  | Toasted Panko Crumbs 110 |

Vegan  Vegetarian  Halal  Mindful 

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# WONDERS OF THE WOK



SATISFYING STIR-FRY  
ANY WAY YOU LIKE

Week of Oct. 5th

# CHOW

ASIAN CUISINE

# WONDERS OF THE WOK

SATISFYING STIR-FRY  
ANY WAY YOU LIKE



## Create Your Own Stir-fry

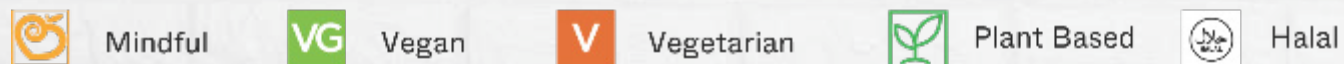
Stir-fried with ginger, garlic, green onions, your choice of sauce and served with rice or noodles

|                                                                                                  |         |
|--------------------------------------------------------------------------------------------------|---------|
| Vegetarian      | \$10.99 |
| With Chicken  | \$11.99 |
| Mongolian Beef                                                                                   | \$19.99 |

## 1 – Choose Your Veggies

1 oz. = 0 – 10 cal

Please ask your Chef for today's selections.



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## 2 – Pick a Protein

|                                                                                                       | Pick 1  | cal |
|-------------------------------------------------------------------------------------------------------|---------|-----|
| Fried Tofu         | 4 oz.   | 90  |
| Mongolian Chicken  | 4 oz.   | 130 |
| Mongolian Steak                                                                                       | 3.5 oz. | 250 |

## 3 – Select a Sauce

|                                      | Cal |          | cal |
|--------------------------------------|-----|----------|-----|
| Sweet & Sour                         | 150 | Teriyaki | 50  |
| Szechuan – <i>contains shellfish</i> | 125 | Sesame   | 100 |

## 4 – Noodles or Rice?

|                                                                                                     |  | cal |
|-----------------------------------------------------------------------------------------------------|--|-----|
| Lo Mein Noodles  |  | 192 |
| Jasmine Rice     |  | 180 |

## 5 – Top it Off!

|                                                                                                           |                                                                                                 |                                                                                                 |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Sriracha Chili Sauce  | Cilantro    | Lime Wedge  |
| Soy Sauce            | Scallions  |                                                                                                 |

## mindful Choice



### Vegan Dreams Bowl

Fresh veggies, fried tofu, Teriyaki sauce, Jasmine rice, Cilantro, and lime wedge

| price   | cal |
|---------|-----|
| \$10.99 | 325 |



# AUTHENTIC FLAVORS OF THE MEDITERRANEAN

*a delicious food tour through greece and beyond*

Week of Oct. 12th

**KALAMATA**

# KALAMATA

## Main Dish

|                         |         |                                                                                                                                                                         |        |
|-------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Chicken Shawarma        | 130 cal |                                                                                      | 4 oz   |
| Pork Souvlaki           | 190 cal |                                                                                                                                                                         | 4 oz   |
| Falafel                 | 100 cal |   | 1 each |
| Turkish Beans & Lentils | 188 cal |                                                                                      | 6 oz   |

## Rice

|             |         |                                                                                     |      |
|-------------|---------|-------------------------------------------------------------------------------------|------|
| White Rice  | 138 cal |  | 4 oz |
| Yellow Rice | 148 cal |  | 4 oz |

## Dips

|          |         |                                                                                       |       |
|----------|---------|---------------------------------------------------------------------------------------|-------|
| Tzatziki | 60 cal  |  | 2 oz. |
| Hummus   | 110 cal |  | 2 oz. |

## Toppings

|                            |         |                                                                                                                                                                         |       |
|----------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Diced Cucumbers            | 5 cal   |   | 1 oz. |
| Pickled Red Onions         | 10 cal  |                                                                                      | 1 oz. |
| Mild Sliced Banana Peppers | 10 cal  |   | 1 oz. |
| Diced Tomatoes             | 5 cal   |   | 1 oz. |
| Feta Cheese                | 70 cal  |                                                                                      | 1 oz. |
| Kalamata Olives            | 25 cal  |   | 1 oz. |
| Lemon Wedge                | 0 cal   |                                                                                    | 1 oz. |
| Fresh Mint                 | 20 cal  |                                                                                    | 1 oz. |
| Traditional Pita           | 190 cal |                                                                                    | each  |



Mindful



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pho  
nam

GOOD PHO BOTH  
*body and soul*



Week of Nov. 16th



## Main Dishes

|                         |       |         |
|-------------------------|-------|---------|
| Tofu with Vegetables    | VG    | \$10.99 |
| Chicken with Vegetables | Halal | \$11.99 |
| Steak with Vegetables   |       | \$12.99 |

## Select Noodles 🍜 VG

|              |     |
|--------------|-----|
| Rice Noodles | 200 |
|--------------|-----|

## Pick a Broth 🍜

|                 |    |
|-----------------|----|
| <b>Beef Pho</b> | 35 |
|-----------------|----|

*Beef pho broth simmered with charred onion, ginger, star anise and lemongrass*

|                    |    |
|--------------------|----|
| <b>Chicken Pho</b> | 35 |
|--------------------|----|

*Chicken pho broth simmered with charred onion, ginger, fish sauce and star anise*

|                         |    |
|-------------------------|----|
| <b>Vegetable Pho</b> VG | 30 |
|-------------------------|----|

*Vegetable pho broth simmered with charred onion, ginger and star anise*

## Vegetables VG

Please ask your Chef for today's selections. 0-10

## Final Touches

|             |    |    |
|-------------|----|----|
| Thai Basil  | VG | 5  |
| Cilantro    | VG | 5  |
| Lime        | VG | 5  |
| Scallion    | VG | 5  |
| Red Chilies | VG | 10 |
| Sriracha    | VG | 5  |
| Hoisin      | V  | 15 |

Vegan



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