

marinara

A Pasta Bar of
Possibilities

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



Week of Jan 27th - 30th
Week of March 30th - April 3rd



All Bowls Include a Breadstick

Pasta Bowl -Protein	\$11.99	cal
V Pasta Bowl -Vegetarian	\$10.99	cal

1 - Pick Pasta

Penne	310	cal
Cavatappi	210	cal

2 - Vegetables

Ask your chef about today's vegetable options.	VG	cal
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3 – Proteins - Pick 1

Italian Beef & Pork Meatballs	380	cal
Balsamic Grilled Chicken	130	cal
Vegan		
VG Meatballs	150	cal
Italian Sausage		
190		

4 - Sauces

V Marinara	60	cal
An Italian plum tomato sauce simmered with basil.		
V Alfredo	300	cal
A creamy with sauce finished with Parmesan cheese		

5 - Toppings, Sides & Bread

V Parmesan Cheese	15	cal
VG Crushed Red Pepper	5	cal
VG Cracked Black Pepper	0	cal
V Garlic Bread Stick	150	cal



Mindful



Vegan



Vegetarian



Plant Based



Halal

Week of Feb 2nd - 6th
Week of April 6th - 10th

AUTHENTIC FLAVORS OF THE MEDITERRANEAN

a delicious food tour through greece and beyond

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

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

Rice

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

Dips

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

 Mindful

 Vegan

 Vegetarian

 Plant Based

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

SPICE *market*

Feb 9th - 13th

March 2nd - 13th

April 13th - 17th

May 4th - 8th





MAIN DISH

✓ 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	
✓ Vindaloo	200
A popular, heavily spiced sauce	
✓ Tikka Masala	270
A subtly spiced tomato cream sauce	

VEGETABLES

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

ACCOMPANIED WITH

VG Pulao Rice	110
Basmati rice simmered with cinnamon, cumin and cloves	
VG Basmati Rice	110
cal	—
✓ Naan	150
✓ Tomato Chutney	30
VG Tamarind Chutney	60
✓ Mango Chutney	40

Vegan



Vegetarian



Halal



Mindful



WONDERS OF THE WOK



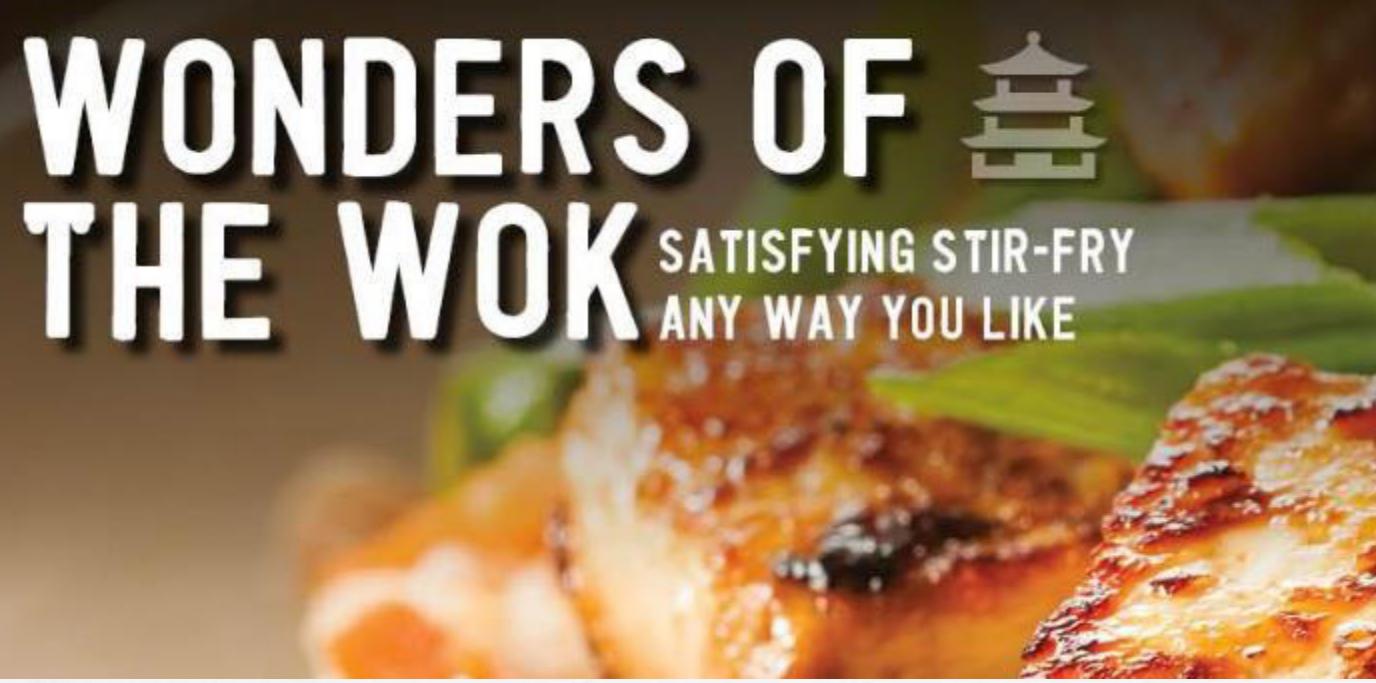
SATISFYING STIR-FRY
ANY WAY YOU LIKE

CHOW

ASIAN CUISINE

Week of Feb 16th - 20th
April 20th - 24th

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	VG	\$10.99
With Chicken	◎	\$11.99
Mongolian Beef		\$19.99

1 – Choose Your Veggies VG

1 oz. = 0 – 10 cal

Please ask your Chef for today's selections.



Mindful



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Vegetarian



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Halal

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2 – Pick a Protein

Fried Tofu	VG	4 oz.	90
Mongolian Chicken	◎	4 oz.	130
Mongolian Steak		3.5 oz.	250

3 – Select a Sauce

Sweet & Sour	150	Teriyaki	50
Szechuan – <small>contains shellfish</small>	125	Sesame	100

4 – Noodles or Rice?

Lo Mein Noodles	V	192
Jasmine Rice	V	180

5 – Top it Off!

Sriracha Chili Sauce	V	Cilantro	VG	Lime Wedge	VG
Soy Sauce	V	Scallions	VG		

mindful Choice

	price	cal
Vegan Dreams Bowl Fresh veggies, fried tofu, Teriyaki sauce, Jasmine rice, Cilantro, and lime wedge	\$10.99	325



Week of Feb 23rd - 27th
April 27th - May 1st

M&C





Choose You Mac



Buffalo Chicken Mac

Grilled chicken, celery, and carrots tossed with buffalo cheddar cheese sauce, and blue cheese crumbles

\$11.99

cal

367



4 Cheese Mac

Cheddar, Swiss, Mozzarella, and Parmesan cheese tossed with fresh pasta

\$10.99

450



Veggie Mac

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 VG

Vegetarian V

Halal HALAL

Mindful ☀

pho
nam

Week of March 23rd - 27th

GOOD PHO BOTH
body and soul





pho
nam

Main Dishes

VG Tofu	\$10.99
Chicken	\$11.99
Steak	\$12.99

Select Noodles



VG

cal

Rice Noodles

200

Lo Mein Noodles

Pick a Broth



Beef Pho

cal

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

35

Chicken Pho

35

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

VG Vegetable Pho

30

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

Vegetables VG

Mushrooms

cal

0-10

Broccoli

Onions

Spinach

Shredded Carrots

Cabbage

Final Touches

cal

VG Thai Basil

5 VG Sriracha

5

VG Cilantro

5 VG Scallion

5

VG Red Chilies

10 VG Lime

5

V Hoisin

15

mindful Choice

VG Chicken Pho

price cal

\$10.49 308

Chicken pho broth, chicken, fresh veggies, cilantro, lime, scallions

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