

pho
nam

Week of Nov 3rd - 7th
Week of Dec 8th-12th

GOOD PHO BOTH
body and soul





Main Dishes

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

Select Noodles **VG** cal

Rice Noodles	200
Lo Mein Noodles	

Pick a Broth cal

Beef Pho 35
Beef pho broth simmered with charred onion, ginger, star anise and lemongrass

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** cal

Mushrooms	0-10
Broccoli	
Onions	
Spinach	
Shredded Carrots	
Cabbage	

Final Touches cal 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

	price	cal
 Chicken Pho	\$10.49	308
<i>Chicken pho broth, chicken, fresh veggies, cilantro, lime, scallions</i>		

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

marinara

A Pasta Bar of Possibilities

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



Week of NOV 10th-14th



marinara

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

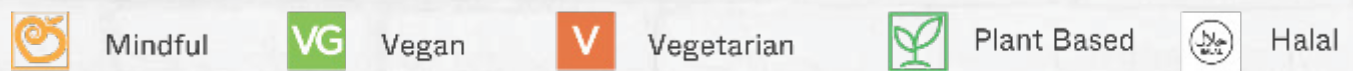
- Italian Beef & Pork Meatballs 380
-   Balsamic Grilled Chicken Vegan 130
-  Meatballs 150 Italian Sausage 190

4 - Sauces cal

- V** Marinara 60
An Italian plum tomato sauce simmered with basil.
- V** Alfredo 300
A creamy white 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



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

Week of NOV 17th-21st

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.

WONDERS OF

THE WOK

SATISFYING STIR-FRY
ANY WAY YOU LIKE

CHOW

ASIAN CUISINE

Week of Nov 24th - 28th

WONDERS OF THE WOK

SATISFYING STIR-FRY ANY WAY YOU LIKE



Create Your Own Stir-fry

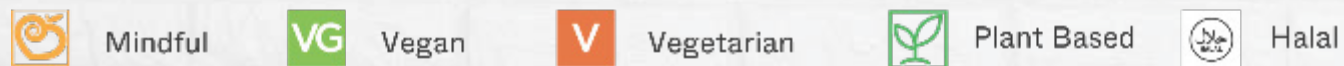
Stir-fried with ginger, garlic, green onions, your choice of sauce and served with rice or noodles

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.



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

2 – Pick a Protein

	Pick 1	cal
Fried Tofu VG	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 V		192
Jasmine Rice V		180

5 – Top it Off!

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

mindful Choice

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

M & C



Week of Dec 1st - 5th



Choose Your 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

Bacon Bits

cal

85



Blue Cheese Crumbles

cal

100



Scallions

5



Buffalo Sauce

50



Feta Cheese

75



Shredded Parmesan

25



Jalapeno

26



Toasted Panko Crumbs

110

Vegan

Vegetarian

Halal



Mindful

