

marinara

A Pasta Bar of Possibilities

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



Week of Oct 6th-10th



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 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.

Week of Oct 14th - 17th





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














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



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 Oct 20th - 24th

WONDERS OF THE WOK

SATISFYING STIR-FRY
ANY WAY YOU LIKE



Create Your Own Stir-fry

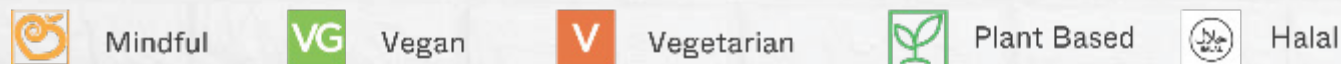
Stir-fried with ginger, garlic, green onions, your choice of sauce and served with rice or noodles

Vegetarian 	\$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.



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 	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

M & C

Week of Oct 27th - 31st





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

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

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