

# DAILY MENU

## SOUPS

3.35/4.45/5.45

Check the Big Board for Today's Soup Selections

## SALADS 8.40

SPRING VEGETABLE SALAD **VN** 640 cal

romaine lettuce, roasted chickpeas, shaved radish, brioche croutons, parmesan cheese, lemon wedge, caesar dressing

SOUTHWEST COBB **V** 590 cal

romaine lettuce, mixed greens, roasted corn, black beans, pickled red onion, hard boiled egg, grilled asparagus, cherry tomatoes, toasted pepitas, cotija cheese, chipotle-lime vinaigrette

**ADD PROTEIN + 4.25**

Grilled Chicken +150 cal

Grilled Flank Steak\* +225 cal

Roasted Herb Tofu **VN** +68 cal

## SANDWICHES 10.40

GREEN GODDESS **VN** 175/350 cal

cucumber, avocado, shredded carrot, micro arugula, tomato, green goddess dressing on whole wheat

CHIMICHURRI CHICKEN 460/920 cal

grilled chicken, chimichurri, arugula, pepper jack cheese, shaved red onion, tomato, red pepper aioli on a ciabatta roll

ITALIAN GRINDER 420/840 cal

salami, capicola, mortadella, shredded lettuce, tomato, shaved red onion, mama lil's pepper aioli, provolone cheese, oil, vinegar, oregano on a pull-apart roll

**VN** vegan **V** vegetarian

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. \*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions

# THIS WEEK'S SPECIALS

**SHRIMP PO' BOY 335/670 cal** 10.40

buttermilk fried shrimp, cajun remoulade, shredded lettuce, tomato, pickle on a pull-apart roll

**STRAWBERRY BALSAMIC BOWL VN 615 cal** 8.40

spinach, lentils, shaved red onion, fresh strawberries, slivered almonds, vegan feta cheese, balsamic vinaigrette

## FLATBREADS Monday – Tuesday

**FUNGHI FLATBREAD V 600 cal** 8.15

crushed tomato, thyme, roasted mushroom medley, caramelized onion, provalone

**CHICKEN PESTO FLATBREAD 925 cal** 8.15

olive oil, grilled chicken, cherry tomato, red onion, fontina cheese, basil pesto

## GLOBAL Wednesday – Friday

**CHICKEN TIKKA MASALA 875 cal** 12.00

chicken tikka masala served with lemon basmati rice, garlic naan, raita & mango chutney

**PANEER TIKKA MASALA V 950 cal** 12.00

paneer tikka masala served with lemon basmati rice, garlic naan, raita & mango chutney

VN vegan V vegetarian

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# FEATURED SOUP

## MONDAY

CHICKEN LEMON ORZO 360/540/720 cal  
parmesan cheese, lemon pepper crouton

TOMATO BASIL BISQUE **V** 160/240/320 cal  
parsley, garlic herb crouton

## TUESDAY

BEEF CHILI 270/405/540 cal  
sour cream, corn bread crouton

CORN BISQUE **V** 200/300/400 cal  
pico de gallo

## WEDNESDAY

CHICKEN & DUMPLINGS 180/270/360 cal  
crispy leeks

MINISTRONE **V** 110/165/220 cal  
noodles, parsley

## THURSDAY

CHICKEN TORTILLA 165/250/330 cal  
tortilla strips, cilantro

CREAMY MUSHROOM **V** 320/485/640 cal  
crispy leeks

## FRIDAY

LEMON HERB CHICKEN & WILD RICE 250/375/500 cal  
parsley, swiss cheese crostini

SPICY THAI COCONUT MILK LENTIL **V** 290/435/580 cal  
crispy leeks, cilantro

**VN** vegan **V** vegetarian

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# BREAKFAST SPECIALS

## OATMEAL + YOGURT

MYLK LABS OATMEAL <b>VN</b>	3.50
blueberry maple, apple cinnamon or almond + pink salt <i>Prefer your oatmeal prepared with steamed milk? Just ask!</i>	
MOLLY'S CHIA PARFAIT <b>V</b>	5.65
blueberry or strawberry	

## HOT BREAKFAST

AVOCADO TOAST <b>VN</b> 204 cal	7.95
local sourdough, smashed avocado, arugula, pico de gallo	
SPINACH ARTICHOKE QUICHE <b>V</b>	5.00
fire-roasted tomato, artichoke, sauteed onion, mascarpone, aged cheddar	
MEDITERRANEAN QUICHE <b>V</b>	5.00
roasted red pepper, caramelized onion, spinach, feta	
BREAKFAST TACO <b>V</b>	4.00
scrambled egg, potato, cheddar, pico de gallo <i>+ bacon</i>	<i>+2.00</i>

## BAKERY

Butter Croissant <b>V</b>	4.05	Banana Tea Loaf <b>V</b>	2.50
Pain Au Chocolat <b>V</b>	4.50	Cinnamon Roll <b>V</b>	3.50
Almond Croissant <b>V</b>	4.05	Parmesan Bacon Biscuit	4.50
Blazing Bagel <b>V</b>	3.95	Ham & Swiss Croissant	5.25
<i>served with plain or vegan cream cheese</i>			