



# Menu Rotation A

## Wednesday

			<b>CAL</b>
	Fired Grilled Steak with Chimichurri Sauce	\$7.99	360
VG	Chipotle Three Bean Chili	\$4.99	380
<b>Favorites</b>			
VG	Sofrito Black Beans	\$2.99	45
VG	Spanish Rice	\$2.99	200
<b>Sides</b>			
VG	Sautéed Spinach	\$1.99	45
VG	Roasted Corn & Red Bell Pepper	\$1.99	110

## Thursday

	Honey Chipotle Chicken Breast	\$5.89	100
VG	Stuffed Poblano Peppers	\$4.99	350
<b>Favorites</b>			
VG	Garlic Roast Green Beans	\$2.99	70
G	Cauliflower Rice	\$2.99	90
<b>Sides</b>			
VG	Cilantro Rice	\$1.99	150
VG	Roasted Peppers & Onions	\$1.99	80





# Menu Rotation A

## Sunday

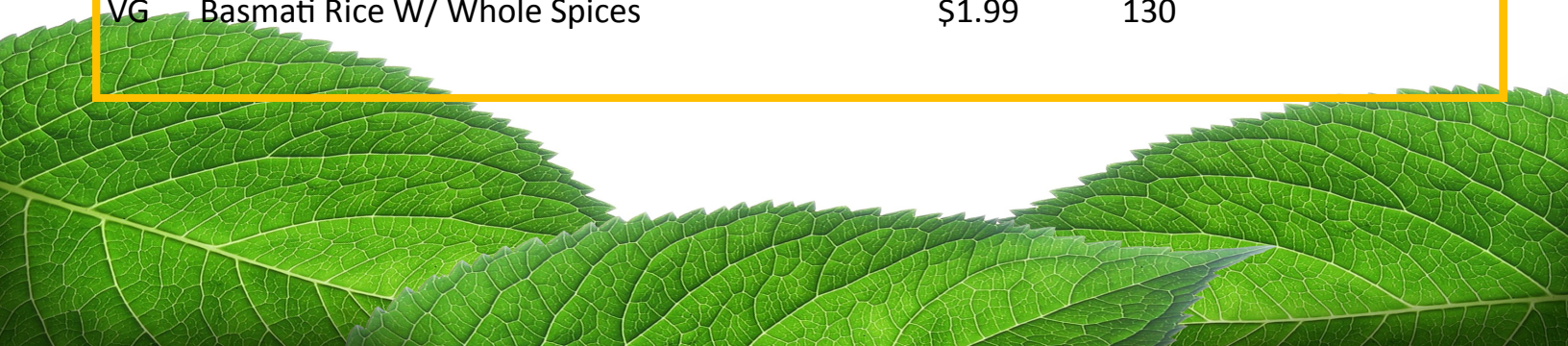
			<b>CAL</b>
	Blackened Chargrilled Steak	\$7.99	360
VG	Ancient Grain Stuffed Portobello Mushroom	\$4.99	190
<b>Favorites</b>			
VG	Fresh Broccoli	\$2.99	40
VG	Sautéed Spinach	\$2.99	45
<b>Sides</b>			
VG	Spinach Wild Rice Pilaf	\$1.99	200
VG	Grilled Corn on The Cob	\$1.99	80

## Monday

	Grilled Jerk Chicken Breast	\$5.89	450
VG	Quinoa Primavera	\$3.99	200
<b>Favorites</b>			
VG	Broccoli with Sautéed Carrots	\$2.99	60
VG	Sautéed Caribbean Swiss Chard	\$2.99	130
<b>Sides</b>			
VG	Basmati Rice With Green Peas	\$1.99	150
VG	Roasted Corn, Kale & Sweet Potato	\$1.99	190

## Tuesday

	Mardas Chicken	\$5.89	360
VG	Hot & Sour Chickpeas	\$3.99	170
<b>Favorites</b>			
VG	Lemon Garlic Green Beans	\$2.99	60
VG	Stir Fried Okra	\$2.99	110
<b>Sides</b>			
VG	Black Eyed Peas and Rice	\$1.99	180
VG	Basmati Rice W/ Whole Spices	\$1.99	130





# Menu Rotation A

## Friday

			<b>CAL</b>
	Tuscan-Style Grilled Turkey	\$6.99	180
VG	Ratatouille Stuffed Grilled Zucchini	\$4.99	70

### Favorites

VG	Simply Sautéed Kale	\$2.99	90
VG	Broccoli with Sautéed Carrots	\$2.99	60

### Sides

VG	Oven Roasted Rosemary Red Potatoes	\$1.99	120
VG	Spinach Wild Rice Pilaf	\$1.99	200

## Saturday

P	Glazed Ham	\$6.99	170
VG	Chickpeas w Spinach & Fingerling Potatoes	\$4.99	70

### Favorites

VG	Garlic Roast Green Beans	\$2.99	70
VG	Sautéed Carrots & Onions	\$2.99	80

### Sides

VG	Mashed Sweet Potatoes	\$1.99	180
VG	Steamed Corn	\$1.99	60





# Menu Rotation B

## Sunday

			<b>CAL</b>
P	Hawaiian Roasted Pork Loin	\$6.99	340
VG	Spicy Red Lentils 87	\$5.49	250
<b>Favorites</b>			
VG	Fried Cabbage	\$2.99	60
VG	Roasted Carrots	\$2.99	50
<b>Sides</b>			
VG	Pineapple Rice	\$1.99	160
V	Mashed Sweet Potatoes	\$1.99	100

## Monday

	Caribbean Roasted Turkey Breast	\$6.99	280
VG	Stewed Okra and Tomatoes	\$5.49	110
<b>Favorites</b>			
VG	Roasted Broccoli	\$2.99	40
VG	Braised Caribbean Swiss Chard	\$2.99	130
<b>Sides</b>			
VG	Ginger Mango Roasted Potatoes	\$1.99	100
VG	Yellow Rice	\$1.99	120

## Tuesday

P	Maple Balsamic Pork Chops	\$7.99	280
VG	Crispy Quinoa Cakes	\$5.49	340
<b>Favorites</b>			
VG	Garlic Roasted Green Beans	\$2.99	70
VG	Roasted Broccoli	\$2.99	40
<b>Sides</b>			
V	Sweet Potato Hash	\$1.99	200
VG	Spinach Wild Rice Pilaf	\$1.99	200



# Menu Rotation B

## Wednesday

			<b>CAL</b>
	Roasted Chicken Breast with Mango Chutney	\$4.79	265
VG	Falafels with Tri Color Quinoa	\$5.49	70
<b>Favorites</b>			
VG	Broccoli with Sautéed Carrots	\$2.99	45
VG	Lemon Garlic Green Beans	\$2.99	60
<b>Sides</b>			
VG	Oven Roasted Rosemary Red Potatoes	\$1.99	120
VG	Tri Color Quinoa	\$1.99	140

## Thursday

	Chipotle Rubbed Steak	\$7.99	140
VG	Simple Spicy Kale with Garbanzo Beans	\$5.49	170
<b>Favorites</b>			
VG	Roasted Asparagus	\$2.99	45
VG	Roasted Peppers & Onions	\$2.99	80
<b>Sides</b>			
VG	Polenta Cakes with Caramelized Onions & Mushrooms	\$1.99	150
VG	Cilantro Rice	\$1.99	150



# Menu Rotation B

## Friday

	Grilled Five Spice Steak	\$7.99	140
VG	Moroccan Eggplant Tagine	\$5.49	140

### Favorites

VG	Curried Cauliflower	\$2.99	15
VG	Balsamic Roasted Eggplant & Peppers	\$2.99	40

### Sides

VG	Yellow Rice	\$1.99	120
V	Mashed Sweet Potatoes	\$1.99	100

## Saturday

	Grilled Chicken with Apple Compote	\$5.89	255
VG	Yellow Lentils with Baby Spinach & Garlic	\$5.49	500

### Favorites

VG	Fresh Grilled Asparagus	\$2.99	20
VG	Fresh French Green Beans	\$2.99	30

### Sides

VG	Rosemary Lemon Rice	\$1.99	120
VG	Mustard Potatoes with Dill	\$1.99	160



simple  
servings

# Salad

**Large Salad \$4.79**

**Small Salad \$2.50**

Local Lettuce, Fresh House Toppings and House Vinaigrette  
VG V Cal 120-580

## Juices & Smoothies

**Fresh Squeezed Orange Juice \$2.99** Cal 180 VG V

**Grapefruit Mint Ginger \$2.99** Cal 150-220

**(Rotating Weekly)**

**Sunrise Smoothie** (Mango, Banana, Watermelon) \$5.89 150-220

**Mango Ginger Kale Green Smoothie** \$5.89 150-220

**Healthy High C Smoothie** \$5.89 150-220

**Apple Pineapple Express** \$5.89 150-220





# Meal Swipe Combos

## ENTREES (SELECT 1)

Meat, Veggie, or Large Salad

## FAVORITES (SELECT 1)

Favorites of the Day

Side Salad

## SIDES INCLUDE (SELECT 2)

Sides of the Day

Pastry of the Day

Seasonal Fruit

16oz Beverage

**Salmon, Pork Chop, and Skirt Steak  
come with 1 Side**

