Friday Entrées

Lemon Dill Cod $7.99  Cal 80  Contains Fish
Grilled Five Spice Steak $7.99  Cal 140
Moroccan Eggplant Tagine $5.49  Cal 140  VG V

Sides

Curried Cauliflower $1.99  Cal 15  VG V
Balsamic Roasted Eggplant & Peppers $2.99  Cal 40  VG V
Yellow Rice $1.99  Cal 120  VG V
Mashed Sweet Potato $1.99  Cal 100  V
Saturday Entrées

Blackened Tilapia $7.99 Cal 100 Contains Fish
Smoked Chicken Breast $4.79 Cal 255
Tuscan White Bean Wrap $5.49 Cal 500 V

Sides

Fresh Grilled Asparagus $1.99 Cal 20 VG V
Fresh French Green Beans $1.99 Cal 30 VG V
Baked Beans $1.99 Cal 120 V
Baked Potato with Rosemary Roasted Garlic Oil $1.99 Cal 160 VG V
Sunday Entrées

Blackened Catfish $7.99 Cal 380 Contains Fish
Hawaiian Roasted Pork Loin $6.99 Cal 340 Contains Pork
Vegetarian Red Beans & Brown Rice $3.79 Cal 250 VG V

Sides

Fried Cabbage $1.99 Cal 60 VG V
Roasted Carrots $1.99 Cal 50 VG V
Pineapple Rice $1.99 Cal 160 VG V
Mashed Sweet Potato $1.99 Cal 100 V
Monday Entrées

Tilapia with Pineapple Salsa $7.99 Cal 100 Contains Fish
Caribbean Roasted Turkey Breast $6.99 Cal 280
Balsamic Grilled Eggplant Steaks $5.49 Cal 110 VG V

Sides

Roasted Broccoli $1.99 Cal 40 VG V
Braised Caribbean Swiss Chard $2.99 Cal 130 VG V
Ginger Mango Roasted Potatoes $1.99 Cal 100 VG V
Yellow Rice $1.99 Cal 120 VG V
Tuesday Entrées

- Citrus Glazed Salmon $7.99 Cal 240 Contains Fish
- Maple Balsamic Pork Chops $7.99 Cal 280 Contains Pork
- Crispy Quinoa Cakes $5.49 Cal 340 VG V

Sides

- Spinach Wild Rice Pilaf $1.99 Cal 200 VG V
- Garlic Roasted Green Beans $1.99 Cal 70 VG V
- Sweet Potato Hash $1.99 Cal 200 V
- Roasted Broccoli $1.99 Cal 40 VG V
Wednesday Entrees

Flounder Piccata $7.99 Cal 250 Contains Fish
Roasted Chicken Breast with Mango Chutney $4.79 Cal 265
Falafels with Tri Color Quinoa $5.49 Cal 70 VG V

Sides

Broccoli with Sautéed Carrots $1.99 Cal 45 VG V
Lemon Garlic Green Beans $1.99 Cal 60 VG V
Oven Roasted Rosemary Red Potatoes $1.99 Cal 120 VG V
Tri Color Quinoa $1.99 Cal 140 VG V
Thursday Entrées

BBQ Glazed Salmon $7.99 Cal 340 Contains Fish
Chipotle Rubbed Steak $7.99 Cal 140
Simple Spicy Kale with Garbanzo Beans $5.49 Cal 170 VG V

Sides

Roasted Asparagus $1.99 Cal 45 VG V
Roasted Peppers & Onions $1.99 Cal 80 VG V
Polenta Cake with Caramelized Onions & Mushrooms $1.99 Cal 150 VG V
Cilantro Rice $1.99 Cal 150 VG V
Salad

16oz Large Salad $4.79
6oz Small Salad $2.50
Local Lettuce, Fresh house Toppings and House Vinaigrette
VG V Cal 120-580

Juices & Smoothies

Fresh Squeezed Orange Juice $3.79 Cal 180 VG V
(Rotating Daily)

Peach Mint Green Tea $4.29 Cal 150-220
Green Juice $4.29 Cal 150-220 VG V
Pineapple Kiwi Matcha Smoothie $4.29 Cal 150-220
Apple Pineapple Express $4.29 Cal 150-220