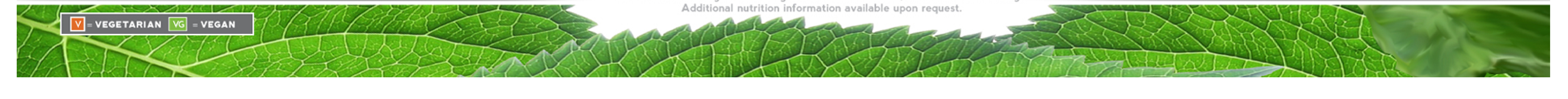


Menu for the Weeks of 1/20, 2/3, 2/17, 3/3, 3/24, 4/7, 4/21,



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

V = VEGETARIAN **VG** = VEGAN



entree

Blackened Chargrilled Steak \$6.99

CAL 360

Southwestern White Bean Stew \$4.99

CAL 190 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 **VG**

sides

Spinach Wild Rice Pilaf \$1.99

CAL 200 **VG**

Grilled Corn on the Cob \$1.99

CAL 80 **VG**

favorites

Fresh Broccoli \$2.99

CAL 40 **VG**

Sautéed Spinach \$2.99

CAL 45 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Sunday

simple
servings

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

V = VEGETARIAN **VG** = VEGAN

entree

Grilled Jerk Chicken Breast \$5.89

CAL 450

Quinoa Primavera \$3.99

CAL 200 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 **VG**

sides

Basmati Rice with Green Peas \$1.99

CAL 150 **VG**

Roasted Corn, Kale & Sweet Potato \$1.99

CAL 190 **VG**

favorites

Broccoli with sautéed Carrots \$2.99

CAL 60 **VG**

Sautéed Caribbean Swiss Chard \$2.99

CAL 130 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Monday

simple
servings

2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Chipotle Mango Glaze Pork Chop \$5.89
CAL 300

Lentil Shepherd's Pie \$3.99
CAL 170 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 **VG**

sides

Herb Roasted Red Potatoes \$1.99
CAL 70 **VG**

Green Beans \$2.99
CAL 30 **VG**

favorites

Baby Carrots and Sugar Snap Peas Medley \$2.99
CAL 20 **VG**

Basmati Rice \$1.99
CAL 80 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Tuesday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Grilled Flank Steak \$6.99
CAL 120

Butternut Squash & Lentils \$4.99
CAL 170 VG

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 VG

sides

Sofrito Black Beans \$1.99
CAL 45 VG

Spanish Rice \$1.99
CAL 200 VG

favorites

Sautéed Spinach \$2.99
CAL 45 VG

Stir Fried Okra \$2.99
CAL 110 VG

Juices & smoothies

Fresh Squeezed Orange Juice \$2.99 Cal 180 VG

Grapefruit Mint Ginger \$2.99 Cal 150-220 VG

(Rotating Weekly)

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

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

Wednesday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN VG = VEGAN

entree

Honey Chipotle Chicken Breast \$5.89
CAL 100

Stuffed Poblano Peppers \$4.99
CAL 350 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

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

sides

Cilantro Rice \$1.99
CAL 150 **VG**

Fresh Steamed Broccoli \$2.99
CAL 40 **VG**

favorites

Cauliflower Rice \$1.99
CAL 90 **VG**

Roasted Carrots \$2.99
CAL 30 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Thursday

simple
servings

2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Apricot Glazed Turkey \$6.99

CAL 180

Baked Stuffed Zucchini with Apple Couscous \$4.99

CAL 70 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 **VG**

sides

Mashed Sweet Potatoes \$1.99

CAL 180 **VG**

Steamed Corn \$1.99

CAL 60 **VG**

favorites

Sautéed Spinach \$2.99

CAL 35 **VG**

Roasted Carrots \$2.99

CAL 30 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Friday

simple
servings

2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Dijon Pork Tenderloin \$6.99
CAL 100

Chickpea & Farro Stew with Spinach \$4.99
CAL 300 VG

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 VG

sides

Oven Roasted Rosemary Red Potatoes \$1.99
CAL 120 VG

Spinach Wild Rice Pilaf \$1.99
CAL 200 VG

favorites

Simply Sautéed Kale \$2.99
CAL 90 VG

Broccoli with Sautéed Carrots \$2.99
CAL 60 VG

Juices & smoothies

Fresh Squeezed Orange Juice \$2.99 Cal 180 VG

Grapefruit Mint Ginger \$2.99 Cal 150-220 VG

(Rotating Weekly)

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

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

Saturday

simple
servings

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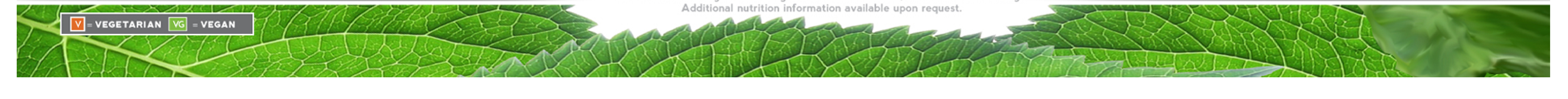
V = VEGETARIAN VG = VEGAN

Menu for the Weeks of 1/13, 1/27, 2/10, 2/24, 3/10, 3/31, 4/14, 4/28



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Additional nutrition information available upon request.

V = VEGETARIAN **VG** = VEGAN



entree

Hawaiian Roasted Pork Loin \$6.99
CAL 340

Honey Glazed Tofu \$5.49
CAL 200 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 **VG**

sides

Mashed Sweet Potatoes \$1.99
CAL 100 **VG**

Pineapple Rice \$1.99
CAL 160 **VG**

favorites

Fried Cabbage \$2.99
CAL 60 **VG**

Roasted Carrots \$2.99
CAL 50 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Sunday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Caribbean Roasted Turkey Breast \$6.99
CAL 280

Lentil Loaf \$5.49
CAL 280 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 **VG**

sides

Ginger Mango Roasted Potatoes \$1.99
CAL 100 **VG**

Yellow Rice \$1.99
CAL 120 **VG**

favorites

Roasted Broccoli \$2.99
CAL 40 **VG**

Braised Caribbean Swiss Chard \$2.99
CAL 130 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Monday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Glazed Ham \$6.99
CAL 170

Black Bean Cakes \$5.49
CAL 210 VG

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 VG

sides

Spinach Wild Rice Pilaf \$1.99
CAL 100 VG

Garlic Roasted Green Beans \$2.99
CAL 70 VG

favorites

Roasted Broccoli \$2.99
CAL 40 VG

Sweet Potato Hash \$1.99
CAL 200 VG

Juices & smoothies

Fresh Squeezed Orange Juice \$2.99 Cal 180 VG

Grapefruit Mint Ginger \$2.99 Cal 150-220 VG

(Rotating Weekly)

Healthy High C Smoothie \$5.89 150-220 VG

Apple Pineapple Express Smoothie \$5.89 150-220 VG

Tuesday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V - VEGETARIAN VG - VEGAN

entree

Basil Lemon Chicken Breasts \$4.79
CAL 131

Grilled Zucchini Steak \$5.49
CAL 150 VG

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 VG

sides

Oven Roasted Rosemary Red Potatoes \$1.99
CAL 120 VG

Tri Color Quinoa \$1.99
CAL 140 VG

favorites

Broccoli with Sautéed Carrots \$2.99
CAL 45 VG

Lemon Garlic Green Beans \$2.99
CAL 60 VG

Juices & smoothies

Fresh Squeezed Orange Juice \$2.99 Cal 180 VG

Grapefruit Mint Ginger \$2.99 Cal 150-220 VG

(Rotating Weekly)

Healthy High C Smoothie \$5.89 150-220 VG

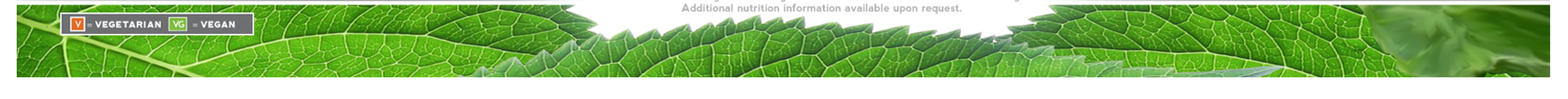
Apple Pineapple Express Smoothie \$5.89 150-220 VG

Wednesday



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V - VEGETARIAN VG - VEGAN



entree

Chipotle Rubbed Steak \$7.99

CAL 140

Simply Spicy Kale with Garbanzo Beans \$5.49

CAL 170 **VG**

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House Vinaigrette

Cal 120-580 **VG**

sides

Roasted Southwestern Vegetables \$1.99

CAL 100 **VG**

Cilantro Rice \$1.99

CAL 150 **VG**

favorites

Roasted Asparagus \$2.99

CAL 45 **VG**

Roasted Broccoli \$2.99

CAL 40 **VG**

Juices & smoothies

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

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

(Rotating Weekly)

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

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

Thursday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V = VEGETARIAN **VG** = VEGAN

entree

Grilled Five Spice Steak \$7.99
CAL 140

Moroccan Eggplant Tagine \$5.49
CAL 140 VG

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 VG

sides

Yellow Rice \$1.99
CAL 120 VG

Mashed Sweet Potatoes \$1.99
CAL 100 VG

favorites

Curried Cauliflower \$2.99
CAL 15 VG

Balsamic Roasted Eggplant & Peppers \$2.99
CAL 40 VG

Juices & smoothies

Fresh Squeezed Orange Juice \$2.99 Cal 180 VG

Grapefruit Mint Ginger \$2.99 Cal 150-220 VG

(Rotating Weekly)

Healthy High C Smoothie \$5.89 150-220 VG

Apple Pineapple Express Smoothie \$5.89 150-220 VG

Friday



2000 calories a day is used for general nutrition advice, but calorie needs vary.
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V - VEGETARIAN VG - VEGAN

entree

Grapefruit BBQ Baked Tilapia \$7.99
CAL 100

Red Beans & Brown Rice \$3.79
CAL 250 VG

salad

Large Salad \$5.99

Small Salad \$3.99

Local Lettuce, Fresh House Toppings and House
Vinaigrette

Cal 120-580 VG

sides

Baked Beans \$1.99
CAL 120 VG

Baked Potatoes with Rosemary Roasted Garlic
Oil CAL 160 VG \$1.99

favorites

Fresh Grilled Asparagus \$2.99
CAL 20 VG

Fresh French Green Beans \$2.99
CAL 30 VG

Juices & smoothies

Fresh Squeezed Orange Juice \$2.99 Cal 180 VG

Grapefruit Mint Ginger \$2.99 Cal 150-220 VG

(Rotating Weekly)

Healthy High C Smoothie \$5.89 150-220 VG

Apple Pineapple Express Smoothie \$5.89 150-220 VG

Saturday



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V - VEGETARIAN VG - VEGAN