



• est. 1991 •

Monday October 7th

BYO SALAD BAR

Wild Arugula | Escarole | Romaine

Gigante Beans | Sundried Tomato | Green Apple | Asparagus | Country Olives

Roasted Red Pepper | Crispy Chickpeas | Gnocco Fritto* | Mushroom | Fennel

SF, DF, Gluten Free except for Gnocco Fritto (Fried Pasta)

Bagna Cauda (Anchovy, Roasted Garlic, Crème Fraiche, White Vinegar, Egg Yolk, Parsley, Lemon Juice, Olive Oil) *SF, GF, Contains Dairy, Pescatarian*

Italian Dressing (Carrot, Parsley, White Wine Vinegar, Chili Flake*, Olive Oil, Kosher Salt, Lemon Juice, Dried Onion, Mustard Powder) *GF, DF, SF, Vegan, Contains Capsaicin*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)*GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Balsamic Vinegar & Olive Oil *GF, DF, SF, Vegan*

WHITE CHICKEN LASAGNA

(All Natural Chicken, Cream*, Milk*, Mozzarella Cheese*, Roma Tomato, Basil, Herbs, Garlic, Olive Oil, Kosher Salt, Ricotta Cheese*, Parmesan Cheese*, Egg, Lasagna Noodles*) *SF, Contains Dairy and Gluten*

SEVEN LAYER VEGETABLE LASAGNA

(Seasonal Veggies, Mozzarella Cheese*, Roma Tomato, Basil, Herbs, Garlic, Olive Oil, Kosher Salt, Ricotta Cheese*, Parmesan Cheese*, Egg, Lasagna Noodles*)

SF, Vegetarian, Contains Dairy and Gluten

****GLUTEN FREE, DAIRY FREE, AND VEGAN AVAILABLE UPON REQUEST****

HERB AND GARLIC BREADSTICKS

(Flour*, Olive Oil, Seasonal Herbs, Garlic, Kosher Salt, Yeast)

DF, SF, VEGAN, Contains Gluten

GRILLED ZUCCHINI AND SQUASH

(Local Zucchini, Local Squash, Sundried Tomato, Garlic, Basil, Olive Oil, Kosher Salt)

GF, DF, SF, VEGAN

ASSORTED DELI PLATTER WITH TUSCAN CHICKEN SALAD (Chicken Breast, Mayo, Sundried Tomato, Walnuts, Celery, Basil, Artichoke Hearts, Kosher Salt) *GF, DF, SF, Contains walnuts*, **BREADS AND CONDIMENTS**



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Tuesday October 8th

BYO SALAD BAR

Field Greens | Cabbage | Romaine
Pickled Jalapeno | Annatto Grilled Chicken Breast | Radish | Roasted Corn Salad Jicama
| Spicy Pineapple | Grape Tomato | Pepita | Tortilla Strip
Marinated Black Beans | Red Onion | Carrot | Cheddar Cheese*
SF, GF, Dairy Free except for Cheese

Creamy Salsa 🌶️ (Tomato, Lime Juice, Kosher Salt, Garlic, White Onion, Green Chilies*,
Jalapeno*, Chipotle*, Cilantro, Sour Cream*, Buttermilk*)
GF, SF, Contains Dairy and Capsaicin

Charred Tomato Vinaigrette (Tomato, White Vinegar, Garlic, Roasted Garlic, Olive Oil,
Kosher Salt) *GF, DF, SF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil) *GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

CHICKEN AND BEEF FAJITAS 🌶️

With Sautéed Peppers and Onions
(Chipotle Peppers*, Ancho Chilies*, Cumin, Cinnamon, Yellow Onion, Red Bell Pepper,
Green Bell Pepper, All-Natural Chicken, All Natural Beef, Kosher Salt, Olive Oil)
GF, DF, SF, Contains Capsaicin

BEYOND FAJITA RAJAS 🌶️

(Chipotle Peppers*, Ancho Chilies*, Cumin, Cinnamon, Beyond Patty, Mushroom, Red
Peppers, Green Peppers, Onion, Kosher Salt)
GF, DF, SF, Vegan, Contains Capsaicin

Served With:

Sour Cream* | Chipotle Salsa* | Shredded Cheese* | Iceberg Lettuce | Avocado Salsa*
| Corn and Flour* Tortillas

*SF, Gluten Free except for Flour Tortillas, Dairy Free except for Cheese & Sour Cream,
Salsas contain Capsaicin*

SANTA FE BLACK BEANS 🌶️

(Black Beans, Poblano Peppers*, Chipotle Peppers*, Ancho Chilies*, Yellow Onions,
Cumin, Garlic, Olive Oil, Kosher Salt) *GF, DF, SF, Vegan, Contains Capsaicin*

SPANISH RICE 🌶️

(Long Grain Rice, Tomatoes, Poblano Chilies*, Cilantro, Cumin, Corn, Olive Oil, Kosher
Salt) *DF, GF, SF, Vegan, Contains Capsaicin*

ASSORTED DELI PLATTER WITH ANCHO CHICKEN SALAD (Chicken Breast, Mayo, Onion,
Celery, Kosher Salt, Chili Powder, Green Onion, Garlic) *SF, GF, DF, Contains Capsaicin*,

BREADS AND CONDIMENTS



Wednesday October 9th

BYO SALAD BAR

Romaine | Spinach | Butter Lettuce

Sweet Chili Pineapple | Teriyaki Grilled Chicken* | Toasted Coconut | Banana Chips
Kimchi | Heart of Palm | Baby Corn | Mango | Jack Cheese* | Green Onion | Red
Onion | Carrot *Dairy Free except for Cheese, Chicken Contains Gluten and Soy*

Island Coconut Vinaigrette (Coconut Milk, Coconut Vinegar, Pineapple, Ginger,
Lemongrass, Agave, Coconut Aminos, Lime Leaf) *Vegan, SF GF, DF*

Mango Lime Dressing (Mango, Ginger, Cilantro, Lime Juice, Agave, Dijon, Kosher Salt,
Canola Oil) *GF, DF, SF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil) *GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *GF, SF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

HAWAIIAN PLATE LUNCH

KAHLUA PORK

(OMD Farms Pork Shoulder, Alaea Red Salt, Banana Leaf)

GF, DF, SF

VEGETABLE CURRY (HAWAIIAN STYLE)

(Tofu*, Potato, Carrot, Onion, Garlic, Coconut Oil, Curry Spices,
Veggie Stock, Kosher Salt, Whole Wheat Flour*, Coconut Aminos)

DF, Vegan, Contains Gluten and Soy

GF & SF Available

MAC SALAD

(Macaroni Noodles*, Cider Vinegar, Carrot, Onion, Mayo,
Milk*, Sugar*, Kosher Salt, Black Pepper)

SF, Vegetarian, Contains Gluten and Dairy *GF, DF, Vegan Available*

STEAMED WHITE RICE

GF, DF, SF, Vegan

SAUTÉED CABBAGE 

Fresno Chilies* | Garlic | Aminos

GF, DF, Vegan, SF, Contains Capsaicin

LEMONGRASS AND GINGER PINEAPPLE

(Lemongrass, Ginger, Pineapple, Agave)

GF, DF, SF, Vegan, Contains Pineapple

ASSORTED DELI PLATTER WITH TUNA SALAD (wild caught albacore tuna, mayo, celery,
onion, kosher salt, black pepper) *GF, DF, SF*, **BREADS, AND CONDIMENTS**



Thursday October 10th

BYO SALAD BAR

Baby Kale | Field Greens | Romaine
Carrot | Puffed Quinoa | Turkey | Blueberries | Water Chestnuts | Goat Cheese* | Tofu*
Granola | Dried Fruits | Pumpkin Spiced Walnuts | Fennel | Kohlrabi | Croutons*
Soy Free except for Tofu, Dairy Free except for Cheese, Gluten Free except for Croutons

Bourbon Peach Vinaigrette (Palisade Peach Puree, Bourbon, Champagne Vinegar, Dijon, Maple Syrup, Olive Oil) *Vegan, SF GF, DF*

Roasted Carrot and Ginger Vinaigrette (Grain Mustard, Canola Oil, Garlic, Roasted Carrot, Thyme, Ginger, Sherry Vinegar) *GF, DF, SF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil) *GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Champagne Vinegar & Olive Oil *GF, DF, SF, Vegan*

CHICKEN POT PIE

(All Natural Chicken, Chicken Stock, Celery, Carrot, Onion, Potato, Milk*, Flour*, Butter*, Garlic, Kosher Salt, Peas, Baking Powder, Baking Soda, Black Pepper)
SF, Contains Dairy and Gluten *GF, DF Option Available*

VEGAN POT PIE

(Tofu*, Veggie Stock, Butternut Squash, Celery, Carrot, Onion, Potato, Flour*, Olive Oil, Garlic, Kosher Salt, Peas, Baking Powder, Baking Soda, Black Pepper)
DF, Contains Soy and Gluten *SF, GF Option Available*

BROCCOLI SLAW

(Cabbage, Kale, Broccoli, Sunflower Seeds,
Dried Fruits, White Balsamic Vinaigrette)
GF, DF, SF, Vegan

ROASTED SWEET POTATOES

(Sweet Potato, Agave, Cinnamon, Clove, Red Onion, Garlic, Kosher Salt)
GF, SF, DF, Vegan

ASSORTED DELI PLATTER WITH LEMONY TUNA SALAD (wild caught albacore tuna, mayo, celery, onion, kosher salt, black pepper, Lemon Juice, Olive Oil) *GF, DF, SF*, **BREADS, AND CONDIMENTS**



Friday October 11th

BYO SALAD BAR

Shaved Brussels Sprouts | Field Greens | Romaine
Smoked Ham | Local Egg | Peas | Olathe Corn | Carrot | Broccoli | Cucumber Pecans |
Pepper Jack* | Red Onion | Grape Tomato | Marinated Chickpeas
SF, GF, Dairy Free except for Cheese

Horseradish and Roasted Garlic Ranch (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar, Horseradish, Roasted Garlic, Roasted Garlic Oil)
SF, GF, Vegetarian, Contains Dairy

Poppy Seed Vinaigrette (Cider Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil, Poppy Seeds) *GF, DF, SF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil) *GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

White Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

ITALIAN HOT BEEF SANDWICHES

Served with:

Au Jus | Giardiniera | Amoroso Rolls | Roasted Green Chilis🌶️ | Mayo | Sweet Mustard
DF, SF, Amoroso Rolls Contains Gluten, Green Chilis contain Capsaicin

SEITAN & GARDINIERA SANDWICHES

DF, SF, Vegan, Contains Gluten *GF Available*

ROASTED RED POTATOES

(Garlic, Kosher Salt, Olive Oil)

GF, DF, SF, Vegan

COLORADO BEAN SALAD🌶️

(Black Bean, Pinto Bean, White Bean, Olathe Corn, Jalapeno🌶️, Green Chili🌶️, Red Pepper, Red Onion, Cilantro, Rice Vinegar, Olive Oil, Garlic, Green Onion, Agave*)

GF, SF, DF, Vegan, Capsaicin

BAKED POTATO SOUP

(Potato, Carrot, Celery, Sour Cream*, Milk*, Kosher Salt, Garlic, Vegetable Stock, Cheddar Cheese*)

GF, SF, Vegetarian, Contains Dairy

ASSORTED DELI PLATTER WITH ROASTED VEGGIES(Seasonal Veggies, Kosher Salt, Olive Oil, Spices)*GF, SF, Vegan*, **BREADS, AND CONDIMENTS**



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Monday October 14th

BYO SALAD BAR

Field Greens | Spinach | Romaine

Maple Roasted Sweet Potato | Zucchini | Pears | Roasted Beets | Candied Pecan
Heart of Palm | Grape Tomato | Craisin | Gorgonzola* | Egg | Red Onion | Carrot
SF, GF, Dairy Free except for Cheese

Maple Tahini Vinaigrette (Tahini, Maple Syrup, Dijon, Cider Vinegar, Olive Oil)
SF GF, DF Vegan

Caramelized Shallot Vinaigrette (Grain Mustard, Canola Oil, Garlic, Shallot, Thyme,
Oregano, Basil, Sherry Vinegar) *GF, DF, SF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil)*GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

PHILLY CHEESESTEAK BAR

(Ribeye, Kosher Salt, Red Bell Pepper, Green Bell Pepper, Yellow Onion, Olive Oil)
GF, SF, DF

PORTOBELLO AND TOFU* WITH SAUTÉED PEPPERS & ONIONS

(Portobello Mushrooms, Red Bell Peppers, Tofu, Green Bell Pepper, Yellow Onion, Kosher
Salt, Olive Oil) *GF, DF, Vegan, Contains Soy* *Soy Free Option Available*

Served With:

Amoroso Hoagie Rolls*, Classic Cheese Sauce* (Pasteurized Milk, Cheese Culture, Cream,
Garlic, Salt), Cream Cheese Spread* (Pasteurized Milk and Cream, Cheese Culture),
Jalapeños* Shredded Lettuce, Ketchup, Cholula Hot Sauce*

*SF, Jalapenos & Cholula Contain Capsaicin, Cheese Sauce & Cream Cheese
Contains Dairy, Rolls Contain Gluten *

Dairy free cream cheese and shredded cheese available

Gluten Free Hoagies Available Upon Request

ROASTED RED POTATOES

(Garlic, Kosher Salt, Olive Oil)

GF, DF, SF, Vegan

SANGRIA WATERMELON SALAD

(Watermelon, Lemon, Mint, Red Wine, Agave)

GF, DF, SF, Vegan

VEGAN MINISTRONE SOUP

(Carrot, Celery, Onion, Tomato, White Bean, Squash, Zucchini, Herbs,
Olive Oil, Veggie Stock, Garlic, Cornstarch)

GF, DF, SF, Vegan

ASSORTED DELI PLATTER, BREADS, AND CONDIMENTS

HAPPY NATIONAL M&M DAY!

M&M COOKIES

Contains Gluten, Dairy and Refined Sugars



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Tuesday October 15th

BYO SALAD BAR

Arugula | Baby Kale | Romaine
Smoked Chicken Breast | Jicama | Pineapple | Star Farms Radish | Kohlrabi
Red Onion | Broccoli | Crispy Chickpea | Carrots | Feta* | Bell Pepper
SF, GF, Dairy Free except for Cheese

Citrusy Agave Mustard (Grain Mustard, Agave, Lemon Juice, Grapefruit Juice, Canola Oil, Cider Vinegar, Kosher Salt, Dijon) *GF, DF, SF, Vegan*

Avocado Vinaigrette (Avocado, Kosher Salt, Sherry Vinegar, Olive oil, Garlic, Lime Juice, Green Onion, Kale) *GF, SF, DF, Vegan*

Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)
GF, DF, SF, Vegan

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Sherry Vinegar & Olive Oil *GF, DF, SF, Vegan*

CREAMY POBLANO CHICKEN ENCHILADAS 

(Corn Tortilla, Chicken Breast, Yellow Onion, Cheddar* and Jack Cheese*, Poblano*, Garlic, Cumin, Olive Oil, Tomato, White Vinegar, Cream, Green Onion)
GF, SF, Contains Dairy and Capsaicin
[Vegan and Dairy Free Available]

CHILI RELLENOS WITH COLORADO GREEN CHILI 

(Flour*, Egg, Cheddar and Jack Cheese*, Anaheim Chili*, Canola Oil
Roasted Hatch Chili*, Yellow Onion, Cilantro, Garlic, Kosher Salt, Vegetable Stock)
SF, Vegetarian, Contains Gluten, Dairy, and Capsaicin

POBLANO* RELLENOS STUFFED WITH SOUTHWEST RISOTTO AND BEYOND CRUMBLES 

Topped with Soy Cheese
GF, DF, Vegan, Contains Soy and Capsaicin

SERVED WITH: Sour Cream*, Salsa Rojo*, and Shredded Lettuce

SF, GF, Sour Cream Contains Dairy, Salsa Contains Capsaicin

CHARROS BEANS 

(Pinto Beans, Tomato, Jalapeno*, Yellow Onion, Chipotle*, Cumin, Cilantro, Garlic)
GF, DF, SF, Vegan, Contains Capsaicin

ASSORTED DELI PLATTER WITH ANCHO CHICKEN SALAD (Chicken Breast, Mayo, Onion, Celery, Kosher Salt, Chili Powder, Green Onion, Garlic) *SF, GF, DF, Contains Capsaicin*,

BREADS AND CONDIMENTS



Wednesday October 16th

BYO SALAD BAR

Field Greens | Spinach | Romaine

Carrot | Puffed Quinoa | Turkey | Blueberries | Grilled Tofu* | Goat Cheese* | Granola*
Dried Fruits | Pumpkin Spiced Walnuts | Fennel | Kohlrabi | Croutons*

Soy Free except for Tofu, Dairy Free except for Cheese, Gluten Free except for Croutons

Bourbon Peach Vinaigrette (Palisade Peach Puree, Bourbon, Champagne Vinegar, Dijon, Maple Syrup, Olive Oil) *SF, GF, DF, Vegan*

Roasted Carrot and Ginger Vinaigrette (Grain Mustard, Canola Oil, Garlic, Roasted Carrot, Thyme, Ginger, Sherry Vinegar) *SF, GF, DF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)*SF, GF, DF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Champagne Vinegar & Olive Oil *GF, DF, SF, Vegan*

MAPLE BRINED CHICKEN BREAST WITH DIJON GLAZE

(All Natural Chicken, Maple Syrup, Vinegar, Kosher Salt, Mustard Seed, Honey, Agave)
SF, GF, DF

ORGANIC QUINOA AND TOFU* STUFFED ROMA TOMATOES

(Tofu*, Organic Quinoa, Roma Tomatoes, Onions, Piquillo Peppers, Parsley, Kosher Salt, Olive Oil) *GF, DF, Vegan, Contains Soy* *Soy Free Available*

PUMPKIN SPICED SWEET POTATOES

(Sweet Potatoes, Ginger, Clove, Nutmeg, Cinnamon, Brown Sugar*, Olive Oil, Kosher Salt)
SF, GF, DF, Vegan, Contains Refined Sugars

GRILLED ZUCCHINI & YELLOW SQUASH

(Olive Oil, Kosher Salt, Oregano, Thyme)
SF, GF, DF, Vegan

VEGAN MINISTRONE SOUP

(Carrot, Celery, Onion, Tomato, White Bean, Squash, Zucchini, Herbs,
Olive Oil, Veggie Stock, Garlic, Cornstarch)
GF, DF, SF, Vegan

ASSORTED DELI PLATTER WTH SMOKED CHICKEN SALAD (Chicken Breast, Mayo, Celery,
Onion, Kosher Salt) *SF, GF, DF*, **BREADS AND CONDIMENTS**



Thursday October 17th

BYO SALAD BAR

- Field Greens | Spinach | Romaine
Grilled Chicken Breast | Croutons* | Red Onion | Sundried Tomato | Kalamata Olive
Broccoli | Cucumber | Italian Style Almonds | Shaved Parmesan Cheese*
Bacon | Grape Tomato | Lentils
SF, Dairy Free except for Cheese, Gluten Free except for Croutons
- Creamy Pesto Caesar** (Canola Oil, Parmesan Cheese*, Dijon, Worcestershire, Basil, Garlic,
Black Pepper, Egg Yolk, Anchovy*, Lemon Juice, Agave, White Vinegar)
GF, SF, Contains Dairy, Fish, Eggs
- Vegan Cashew Caesar** (Cider Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil,
Cashew, Lemon Juice, Coconut Aminos) *GF, DF, SF, Vegan*
- White Balsamic Dressing** (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil)*GF, DF, SF, Vegan*
- Ranch Dressing** (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *SF, GF, Vegetarian, Contains Dairy*
- White Wine Vinegar & Olive Oil** *GF, DF, SF, Vegan*

HAPPY NATIONAL PASTA DAY!

BYO PASTA BAR

- Penne Pasta | Orecchiette Pasta
(Hard Wheat Flour, Water, Salt, Olive Oil)
DF, SF, Vegan, Contains Gluten
GF Available

SPICY MARINARA 

- (San Marzano Tomatoes, Olive Oil, Calabrian Chili*, Basil, Yellow Onion, Water, Garlic,
Kosher Salt) *SF, GF, DF, Vegan, Contains Capsaicin*

ROASTED GARLIC ALFREDO

- (White Wine, Heavy Cream*, Milk*, Butter*, Parmesan*, Roasted Garlic, Flour*, Kosher Salt)
SF, Vegetarian, Contains Dairy & Gluten

Served with:

- Pesto (nut free), Roasted Portobello Mushrooms, Palodori Italian Sausage,
Grilled All Natural Chicken, Seasonal Veggies, Parmesan Cheese*, Chili Flake*, Olive Oil
GF, SF, Nut Free, Dairy Free except for Cheese, Chili Flake contains Capsaicin

SOFRITO FOCACCIA

- (Olive Oil, Kosher Salt, Flour*, Yeast, Red Pepper, Onion, Garlic, Tomato)
DF, SF, Vegan, Contains Gluten *GF Available upon request*

- ASSORTED DELI PLATTER WITH TUNA SALAD** (wild caught albacore tuna, mayo, celery,
onion, kosher salt, black pepper) *GF, DF, SF*, **BREADS, AND CONDIMENTS**



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Friday October 18th

SOUP & SALAD BUFFET

Greens:

Spinach | Local Field Greens | Romaine

Proteins:

Grilled Chicken | Grilled Tofu*Contains Soy* | Bacon

Toppings:

Black Beans | Grape Tomato | Cucumber | Broccoli | Cottage Cheese *Contains Dairy*
Bell Peppers | Rainbow Carrots | Pickled Red Onion | Green Onion | Broccoli
Granola *contains Gluten* | Roasted Sweet Potatoes | Crispy Onions *Contains Gluten*
Roasted Corn | Jicama | Sliced Almond | Pumpkin Spiced Almonds | Fennel
Feta Cheese *Contains Dairy* | Goat Cheese *Contains Dairy*

Dressings:

Mango Lime Dressing (Mango, Ginger, Cilantro, Lime Juice, Agave, Dijon, Kosher Salt, Canola Oil) *GF, DF, SF, Vegan*

Charred Tomato Vinaigrette (Tomato, White Vinegar, Garlic, Roasted Garlic, Olive Oil, Kosher Salt) *GF, DF, SF, Vegan*

Chipotle Bacon Ranch 🌶️ (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar, Bacon, Chipotle Peppers*) *GF, SF, Contains Dairy and Capsaicin*

Vegan Green Goddess (Avocado, Coconut Milk, Olive Oil, Lime Juice, Parsley, Cilantro, Green Onion) *GF, DF, SF, Vegan*

Caramelized Shallot Vinaigrette (Grain Mustard, Canola Oil, Garlic, Shallot, Thyme, Oregano, Basil, Sherry Vinegar) *GF, DF, SF, Vegan*

Italian Dressing (Carrot, Parsley, White Wine Vinegar, Chili Flake, Olive Oil, Kosher Salt, Lemon Juice, Dried Onion, Mustard Powder) *GF, DF, SF, Vegan, Contains Capsaicin*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan

ASSORTED ROLLS

Allergy/Dietary Requests Available

LOADED BAKED POTATO SOUP

(Potato, Carrot, Celery, Sour Cream*, Milk*, Kosher Salt, Garlic, Vegetable Stock, Cheddar Cheese*)
*GF, SF, Vegetarian, Contains Dairy**

FIRE ROASTED TOMATO & WHITE BEAN SOUP

(Vegetable Stock, Tomato Paste, Crushed Roasted Tomato, Roasted Garlic, Onion, Olive Oil, Salt, Smoked Paprika, White Beans)
GF, DF, SF, Vegan

ASSORTED DELI PLATTER WITH WALDORF CHICKEN SALAD (Chicken Breast, Mayo, Grapes, Celery, Walnut, Apple, Kosher Salt) GF, DF, SF, Contains walnuts*, **BREADS**

AND CONDIMENTS



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Monday October 21st

BYO SALAD BAR

Romaine | Fall Field Greens | Baby Kale
Grape Tomato | English Cucumber | Broccoli | Crisp Bell Peppers | Carrots
Marinated Chickpeas | Zucchini & Squash | Parmesan* | Focaccia Croutons* | Tofu*
Soy Free except Tofu, Dairy Free except for Cheese, Gluten Free except for Croutons

Classic Caesar Dressing (Egg Yolk*, Parmesan*, Tabasco, Anchovy*, Black Pepper, Lemon Juice, Garlic, Dijon Mustard, Grapeseed Oil)

GF, SF, Contains Dairy, Pescatarian

Yogurt Poppy Dressing (Greek Yogurt*, Olive Oil, Lemon Juice, Poppy Seed, Sugar*)

GF, SF, Vegetarian, Contains Dairy & Refined Sugars

Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)

GF, DF, SF, Vegan

Ranch Dressing (Mayonnaise, Buttermilk, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

CHICKEN PARMESAN

(Breadcrumbs*, Tomatoes, Basil, Mozzarella*, Parmesan*, Olive Oil, Kosher Salt,)

SF, Contains Gluten and Dairy *GF, DF, Vegan Available*

BOWTIE PASTA ALLA VODKA

(Wheat*, Water, Tomato Paste, Basil, Cream*, Garlic, Basil, Kosher Salt, Onion, Olive Oil)

SF, Contains Gluten and Dairy *GF, DF, Vegan Available*

SERVED WITH: Parmesan Cheese (contains Dairy)

TUSCAN STYLE BROCCOLI WITH ROASTED GARLIC OIL SUNDRIED TOMATO

(Broccoli, Garlic Oil, Sundried Tomato, Garlic)

GF, DF, SF, Vegan

CHEF ERICKA'S ASSORTED DESSERTS

(Flour*, Buttermilk*, Butter*, Salt, Baking Powder, Cream*, Sugar*, Lots of Love)

Contains Gluten, Dairy, Soy, & Refined Sugars

GF, DF, SF, & Vegan Available Upon Request

Love contains Gluten and Dairy

ASSORTED DELI PLATTER WITH TUSCAN CHICKEN SALAD (Chicken Breast, Mayo, Sundried Tomato, Celery, Basil, Walnuts, Artichoke Hearts, Kosher Salt) *GF, DF, SF, Contains

walnuts*, **BREADS AND CONDIMENTS**



Tuesday October 22nd

BYO SALAD BAR

- Field Greens | Cabbage | Romaine
Pickled Jalapeno* | Annatto Grilled Chicken Breast | Radish | Roasted Corn Salad
Jicama | Spicy Pineapple* | Grape Tomato | Pepita | Tortilla Strips
Marinated Black Beans | Red Onion | Carrot
SF, GF, DF, Jalapeno and Pineapple contain Capsaicin
- Creamy Salsa** 🌶️ (Tomato, Lime Juice, Kosher Salt, Garlic, White Onion, Green Chilies*,
Jalapeno*, Chipotle*, Cilantro, Sour Cream*, Buttermilk*)
GF, SF, Contains Dairy and Capsaicin
- Charred Tomato Vinaigrette** (Tomato, White Vinegar, Garlic, Roasted Garlic, Olive Oil,
Kosher Salt) *GF, DF, SF, Vegan*
- White Balsamic Dressing** (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil) *GF, DF, SF, Vegan*
- Ranch Dressing** (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *GF, SF, Vegetarian, Contains Dairy*
- Red Wine Vinegar & Olive Oil** *GF, DF, SF, Vegan*

STREET TACOS

- CARNE ASADA | PORK CHILI VERDE WITH NOPALES | IMPOSSIBLE ASADA (vegan)
Served with
Roasted Corn Pico, Tomatillo Pineapple Salsa 🌶️, Ancho Rojo Salsa 🌶️, Avocado Salsa 🌶️,
Corn and Flour* Tortillas, Lime Crema*, Jalapeno Ranch* 🌶️, Cotija Cheese*,
Red Onions and Cilantro
*SF, GF except for Flour Tortillas / Cheese, Crema & Ranch contain Dairy,
Salsas contain Capsaicin*

REFRIED BLACK BEANS 🌶️

- (Black Beans, Garlic, Kosher Salt, Tomato, Onion, Olive Oil, Hoja Santa, Chipotle*)
GF, DF, SF, Vegan, Contains Capsaicin

RAJAS 🌶️

- (Zucchini, Squash, Poblano, Mushroom, Red Onion, Tomato, Garlic, Kosher Salt)
GF, DF, SF, Vegan, Contains Capsaicin

STREET CORN SALAD 🌶️

- (Grilled Olathe Corn, Jicama, Cabbage, Sweet Pickled Jalapeno*, Cotija Cheese*, Lime
Juice, Chili Powder*, Cilantro, Yellow Onion, Mexican Crema, Agave, Vinegar)
GF, SF, Contains Dairy and Capsaicin, Vegetarian

- ASSORTED DELI PLATTER WITH ANCHO CHICKEN SALAD** (Chicken Breast, Mayo, Onion,
Celery, Kosher Salt, Chili Powder*, Green Onion, Garlic) *GF, DF, SF, Contains Capsaicin*,

BREADS AND CONDIMENTS



Wednesday October 23rd

BYO SALAD BAR

Spinach | Baby Kale | Romaine
Smoked Chicken Breast | Jicama | Blueberry | Star Farms Radish | Kohlrabi | Lentils
Red Onion | Broccoli | Crispy Chickpeas | Cucumber | Feta* | Bell Pepper | Almonds
SF, GF, Dairy Free except for Cheese

Citrusy Agave Mustard (Grain Mustard, Agave, Lemon Juice, Grapefruit Juice, Canola Oil, Cider Vinegar, Kosher Salt, Dijon) *GF, DF, SF, Vegan*
Avocado Vinaigrette (Avocado, Kosher Salt, Sherry Vinegar, Olive oil, Garlic, Lime Juice, Green Onion, Kale) *GF, SF, DF, Vegan*
Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)
GF, DF, SF, Vegan
Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *GF, SF, Vegetarian, Contains Dairy*
Sherry Vinegar & Olive Oil *GF, DF, SF, Vegan*

BUILD YOUR OWN GRAIN BOWLS

Organic Quinoa, Cous Cous*, Brown Rice

Served with your choice of:

Herb Grilled Chicken Breast, Grilled Tofu*, Marinated Portabella Mushrooms,
Cilantro, Roasted Corn, Tomatoes, Crispy Garbanzo Beans,
Pickled Brussels Sprouts, Vegan Pesto, Raita*, Thai Green Curry Sauce,
French Chive Vinaigrette, Harissa Hot Sauce , Kabayaki*
*Cous Cous contains Gluten, Kabayaki contains Gluten and Soy,
Tofu Contains Soy, Hot Sauce Contains Capsaicin, Raita Contains Dairy*

FULL CIRCLE FARMS GRILLED VEGGIES

(Farm Veggies, Rebel Farm Herbs, Kosher Salt, Olive Oil)
GF, DF, SF, Vegan

ASSORTED DELI PLATTER WITH ROASTED VEGGIES (Seasonal Veggies, Kosher Salt, Olive Oil, Spices) *GF, SF, Vegan*, **BREADS, AND CONDIMENTS**



Thursday October 24th

BYO SALAD BAR

Field Greens | Arugula | Romaine
Smoked Chicken Breast | Maple Roasted Sweet Potato | Zucchini | Pear
Roasted Beets | Candied Pecan | Heart of Palm | Grape Tomato | Craisin
Gorgonzola* | Egg | Red Onion | Carrot | Marinated Kidney Beans
SF, GF, Dairy Free except for Cheese

Maple Tahini Vinaigrette (Tahini, Maple Syrup, Dijon, Cider Vinegar, Olive Oil)
SF GF, DF, Vegan

Caramelized Shallot Vinaigrette (Grain Mustard, Canola Oil, Garlic, Shallot, Thyme,
Oregano, Basil, Sherry Vinegar) *GF, DF, SF, Vegan*

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil)*GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *GF, SF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

GRASS FED BEEF AND COLORADO LAMB KORMA

(Beef, Lamb, Yogurt*, Ginger, Chili, Garlic, Cinnamon, Mace, Cumin, Cardamom, Black
Pepper, Olive Oil, Onion, Saffron, Cilantro, Turmeric)
GF, SF, Contains Dairy *Dairy Free Available*

NAAN BREAD

SF, Contains Gluten and Dairy

CARDAMOM JEWELED RICE

(Long Grain Rice, Kosher Salt, Golden Raisin, Cardamom, Garlic, Saffron)
GF, DF, SF, Vegan

SAAG PANEER

(Spinach, Paneer Cheese*, Cream*, Ginger, Onion, Garlic, Tomato, Garam Masala,
Turmeric, Kosher Salt, Butter*, Yogurt*, Spices) *GF, SF, Contains Dairy, Vegetarian*

VEGAN CHICKPEA POTATO AND TOFU CURRY

(Chickpeas, Potato, Carrot, Tofu*, Ginger, Onion, Garlic, Tomato, Garam Masala,
Turmeric, Kosher Salt, Spices) *GF, DF, Contains Soy, Vegan* *Soy Free Available*

ASSORTED DELI PLATTER WITH CURRIED CHICKEN SALAD (Chicken Breast, Mayo, Onion,
Celery, Kosher Salt, Curry Powder) *GF, DF, SF*, **BREADS AND CONDIMENTS**



Friday October 25th

BYO SALAD BAR

Arugula | Salad Greens | Romaine

Blackened Tofu* | Cottage Cheese* | Rainbow Carrot | Sunflower Seeds | Cauliflower
Marinated Kidney Beans | Kalamata Olive | Cucumber | Fennel | Sharp Cheddar*

GF, Soy Free except for Tofu, Dairy Free except for Cheeses

Remoulade Dressing (Grain Mustard, Red Onion, Caper, Lemon Juice, Cornichon,
Blackening Spices, Kosher Salt, Mayo, Sherry Vinegar, Buttermilk*, Garlic, Green Onion)

GF, SF, Contains Dairy, Vegetarian

Black Olive and Citrus Vinaigrette (Kalamata Olive, Garlic, Lemon Juice, Orange Juice,
Roasted Garlic Oil, Canola Oil, Parsley, Red Wine Vinegar, Oregano)

GF, SF, DF, Vegan

White Balsamic Dressing (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil) *GF, DF, SF, Vegan*

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar) *GF, SF, Vegetarian, Contains Dairy*

White Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

CHICKEN AND ANDOUILLE GUMBO 

(Chicken, Pork, Garlic, Cayenne*, Thyme, Wheat Flour*, Olive Oil, Celery,
Onion, Bell Peppers, Chicken Stock, Kosher Salt)

DF, SF, Contains Gluten and Capsaicin

Gluten Free Option Available Upon Request

SERVED WITH:

Crystal Hot Sauce , Red Onion, Green Onion, Cornbread*

Hot Sauce contains Capsaicin, Cornbread contains Gluten

RED BEANS AND RICE 

(Long Grain Rice, Cayenne*, Garlic, Onions, Ancho Chili*,
Olive oil, Kosher Salt, Red Beans)

GF, DF, SF, Vegan, Contains Capsaicin

OLATHE CORN SUCCOTASH

(Olive Oil, Kosher Salt, Okra, Olathe Corn, Green Onion,
Red Peppers, Garlic, Lemon Juice)

GF, DF, SF, Vegan

VEGAN OKRA GUMBO 

(Okra, Vegetable Stock, Garlic, Cayenne, Thyme, Corn Starch,
Olive Oil, Celery, Onion, Bell Peppers)

GF, DF, SF, Vegan, Contains Capsaicin

ASSORTED DELI PLATTER WITH CAJUN CHICKEN SALAD (Chicken Breast, Mayo, Onion,
Celery, Kosher Salt, Chili Powder, Mustard, Caper, Cornichon) *GF, DF, SF, contains

Capsaicin*, **BREADS AND CONDIMENTS**



Monday October 28th

BYO SALAD BAR

Red and Green Leaf Lettuce | Baby Kale | Romaine
Crispy Miso Tofu* | Wonton Strips* | Mandarin Orange | Crunchy Noodles* | Almonds
Red Pepper | Lotus Root | Cucumber | Sprouts | Red Cabbage | Water Chestnuts
Goat Cheese* | Grape Tomato

*Soy Free except for Tofu, Gluten Free except for Tofu, Wonton Strips and Noodles,
Dairy Free except for Cheese*

- Red Curry and Peanut Vinaigrette** (Canola Oil, Red Curry Paste, Fish Sauce*, Dried Shrimp*, Lime Juice, Palm Sugar, Garlic, Coconut Vinegar, Peanuts*, Cilantro, Lemongrass, Green Onion) *GF, DF, Contains Fish, Shellfish, and Peanuts, Pescatarian*
- Watermelon and Ginger Vinaigrette** (Rice Vinegar, Sesame Oil, Agave, Ginger, Olive Oil, Coconut Aminos) *GF, DF, SF, Vegan*
- White Balsamic Dressing** (White Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil) *GF, DF, SF, Vegan*
- Ranch Dressing** (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*
- Rice Vinegar & Olive Oil** *GF, DF, SF, Vegan*

WASABI TERIYAKI GRILLED CHICKEN

(All-Natural Chicken Thigh, Soy, Ginger, Green Onion, Sesame, Garlic, Agave, Carrot, Rice Vinegar, Pineapple, Wasabi) *DF, Contains Gluten, Soy and Pineapple* *GF, SF Option Available*

WASABI TERIYAKI GRILLED TOFU

(Organic Tofu*, Tamari*, Ginger, Green Onion, Sesame, Garlic, Agave, Carrot, Rice Vinegar, Pineapple, Wasabi) *DF, Vegan, Contains Soy and Gluten* *GF, SF Option Available*

KIMCHI FRIED RICE

(Basmati Rice, Kimchi, Green Onion, Sesame Oil, Kosher Salt, Sesame Seed, Coconut Aminos)*GF, DF, SF, Vegan*

SALT & PEPPER SNOW PEAS

(Snow Peas, Sesame Oil, Kosher Salt, Mirin, Cornstarch, Black Pepper)
GF, DF, SF, Vegan

SHITAKE MUSHROOM SOUP

(Shiitake Mushroom, Vegetable Stock, Red Pepper, Yellow Onion, Sesame Oil, Green Onion, Ginger, Garlic, Cornstarch, Coconut Aminos)
* GF, DF, SF, Vegan*

ASSORTED DELI PLATTER WITH ASIAN CHICKEN SALAD (Chicken Breast, Mayo, Onion, Celery, Kosher Salt, Mirin, Green Onion, Five Spice, Garlic, Sesame Oil) *GF, DF, SF*,

BREADS AND CONDIMENTS



Tuesday October 29th

BYO SALAD BAR

Romaine Hearts | Field Greens | Arugula
Southwest Chicken | Red Onion | Cotija Cheese* | Roasted Corn
Roasted Red Peppers | Local Eggs | Tortilla Strips | Roma Tomatoes
Black Beans | Green Onion | Cheddar Cheese* | Quinoa
GF, SF, Dairy Free except for Cheese

Chipotle Maple Vinaigrette 🌶️ (Apple Cider Vinegar, Chipotle Peppers, Maple Syrup, Kosher Salt, Agave, Dijon Mustard, Olive Oil)
GF, DF, SF, Vegan, Contains Capsaicin

Cilantro Lime Vinaigrette (Lime Juice, White Balsamic Vinegar, Cilantro, Agave, Dijon Mustard, Garlic, Olive Oil, Kosher Salt) *GF, DF, SF, Vegan*

Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)
GF, DF, SF, Vegan

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *GF, SF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

MOM TACOS

Ground Beef, Shredded Chicken, Ground Seitan*

Served with Crispy Corn Tortillas, Flour Tortillas, Sour Cream*, Tomatoes, Black Olives, Shredded Cheese*, Onion, Chipotle Salsa 🌶️, Taco Sauce 🌶️, Shredded Iceberg
GF, SF, Sour Cream and Cheese contain Dairy

Seitan and Flour Tortillas contain Gluten, Salsa and Taco Sauce contain Capsaicin

SPANISH RICE

(Jasmine Rice, Tomato, Kosher Salt, Lime, Olive Oil, Peas, Corn)
GF, DF, SF, Vegan

CHARROS BEANS 🌶️

(Pinto Beans, Tomatoes, Green Chile, Onion, Garlic, Veggie Stock, Cilantro, Kosher Salt, Chili Powder 🌶️, Cumin) *GF, SF, DF, Vegan, Contains Capsaicin*

COOKIES AND BROWNIES

(Accommodations made for ALL dietary restrictions)

ASSORTED DELI PLATTER WITH ANCHO CHICKEN SALAD (Chicken Breast, Mayo, Onion, Celery, Kosher Salt, Chili Powder*, Green Onion, Garlic) *GF, DF, SF, Contains Capsaicin*,

BREADS AND CONDIMENTS



Wednesday October 30th

BYO SALAD BAR

Spinach | Field Greens | Romaine
Smoked Chicken Breast | Jicama | Pineapple | Star Farms Radish | Kholrabi
Red Onion | Broccoli | Crispy Chickpea | Carrots | Feta* | Bell Pepper | Cucumber
SF, GF, Dairy Free except for Cheese

Citrusy Agave Mustard (Grain Mustard, Agave, Lemon Juice, Grapefruit Juice, Canola Oil, Cider Vinegar, Kosher Salt, Dijon) *GF, DF, SF, Vegan*

Avocado Vinaigrette (Avocado, Kosher Salt, Sherry Vinegar, Olive oil, Garlic, Lime Juice, Green Onion, Kale) *GF, SF, DF, Vegan*

Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)
GF, DF, SF, Vegan

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *SF, GF, Vegetarian, Contains Dairy*

Sherry Vinegar & Olive Oil *GF, DF, SF, Vegan*

ACHIOTE GRILLED CHICKEN THIGHS WITH CHIMICHURRI

(All Natural Chicken, Achiote Paste, Cilantro, Garlic, Parsley, Olive Oil)
GF, DF, SF

ACHIOTE TOFU WITH CHIMICHURRI

(Organic Tempeh, Achiote Paste, Cilantro, Garlic, Parsley, Olive Oil)
GF, DF, Vegan, Contains Soy

SOUTHWEST SUCCOTASH 

(Corn, Tomatoes, Edamame*, Red Onion, Chipotle*, Green Chili*)
GF, DF, Vegan, Contains Soy

SPANISH STYLE BROWN RICE

(Tomato, Garlic, Olive Oil, Cilantro)
GF, DF, SF, Vegan

SOUTHWEST BLACK BEAN SOUP 

(Black Beans, Chipotle*, Corn, Poblanos*, Cumin, Kosher Salt)
GF, DF, SF, Vegan, Contains Capsaicin

ASSORTED DELI PLATTER WITH ROASTED VEGGIES (Seasonal Veggies, Kosher Salt, Olive Oil, Spices) *GF, SF, Vegan*, **BREADS, AND CONDIMENTS**



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Thursday October 31st

BYO SALAD BAR

Field Greens | Romaine | Shaved Brussels Sprouts
Poppy Seed Chicken | Strawberry | Blueberry | Sunflower Seed | Granola* | Cucumber
Red Onion | Craisin | Feta* | Grapes | Broccoli | Popcorn | Grape Tomatoes
SF, Dairy Free except for Cheese, Gluten Free except for Granola

Strawberry Yogurt Poppy Dressing (Strawberry, Yogurt, Poppy Seeds,
Lemon Juice, Olive Oil) *GF, SF, Contains Dairy, Vegetarian*

Blueberry Balsamic Vinaigrette (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola
Oil, Olive Oil, Blueberry) *GF, DF, SF, Vegan*

Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)
GF, DF, SF, Vegan

Ranch Dressing (Mayonnaise*, Buttermilk*, Parsley, Kosher Salt, Roasted Garlic, White
Vinegar)*GF, SF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

THAI CRISPY BEEF WITH BASIL

(Grass-fed Beef, Garlic, Ginger, Coconut Aminos, Kosher Salt, Black Pepper, Carrot,
Green Onion, Lime Juice, Palm Sugar, Lemongrass, Basil, Lime Leaf)
SF, DF, GF

THAI CRISPY BEYOND "BEEF" WITH BASIL

(Impossible Crumbles, Garlic, Ginger, Coconut Aminos, Kosher Salt, Black Pepper, Carrot,
Green Onion, Lime Juice, Palm Sugar, Lemongrass, Basil, Lime Leaf)
SF, DF, GF, Vegan

Served with:

Cilantro, Pickled Carrot, Lime Wedges, Sambal, Pickled Red Onion, Naam Jim Jaew*,
Herbs, Nam Pla Prik*, Sweet Chili Sauce 

*Naam Jim Jaew and Nam Prik contain Fish sauce and Soy,
Sweet Chili Sauce contains Capsaicin*

RICE STICK NOODLES

(Jasmine Rice, Water, Salt, Olive Oil)
SF, DF, GF, Vegan

LONG BEAN CUCUMBER AND TOMATO SALAD

(Green Beans, Tomato, Ginger, Kosher Salt, Garlic, Lime, Cucumber,
Coconut Vinegar, Agave, Sesame Oil, Sesame Seed, Green Onion)
SF, DF, GF, Vegan

ASSORTED DELI PLATTER WITH ASIAN CHICKEN SALAD (Chicken Breast, Mayo, Onion,
Celery, Kosher Salt, Mirin, Green Onion, Five Spice, Garlic, Sesame Oil) GF, DF, SF*, **BREADS
AND CONDIMENTS**

HARVEST TREATS

Contains Gluten, Dairy, and Refined Sugars



Friday November 1st

BYO SALAD BAR

Field Greens | Escarole | Romaine

Grape Tomato | English Cucumber | Gigante Beans | Broccoli | Cheddar*
Crisp Bell Peppers | Sliced Almond | Crispy Tofu* | Grilled Corn | Local Egg | Ham
GF, Soy Free except for Tofu, Dairy Free except for Cheese

Late Summer Citronette (Grapefruit, Orange, Lemon, Agave, Garlic, Dijon Mustard, Olive Oil, Canola Oil) *GF, DF, SF, Vegan*

Roasted Pepper & Mint Vinaigrette (Roasted Red Pepper, Olive Oil, Canola Oil, Mint, White Vinegar, Agave) *GF, DF, SF, Vegan*

Balsamic Dressing (Balsamic Vinegar, Dijon Mustard, Agave, Garlic, Canola Oil)
GF, DF, SF, Vegan

Ranch Dressing (Mayonnaise, Buttermilk, Parsley, Kosher Salt, Roasted Garlic, White Vinegar) *GF, SF, Vegetarian, Contains Dairy*

Red Wine Vinegar & Olive Oil *GF, DF, SF, Vegan*

ISLAND CHICKEN BOWLS

TERIYAKI CHICKEN

(Chicken Thighs, Green Onion, Soy Sauce*, Corn Starch, Brown Sugar, Mirin)

DF, Contains Gluten and Soy

Gluten and Soy free available

TERIYAKI TOFU

(Tofu*, Green Onion, Soy Sauce*, Corn Starch, Brown Sugar, Mirin)

DF, Contains Gluten, Contains Soy

Gluten and Soy free available

Served With:

Spicy Kabayaki , Seaweed, Tropical Relish, Crispy Maui Onions, Sprouts, Green Onions

Kabayaki contains Soy, Gluten, Capsaicin and Refined Sugars

PINEAPPLE FRIED RICE

(White Rice, Pineapple, Green Onion, Sesame Oil, Kosher Salt)

DF, GF, SF, Vegan, Contains Pineapple

STIR FRY VEGETABLES

(Red Peppers, Baby Corn, Green Onion, Onion, Celery, Carrots, GF Teriyaki Sauce*)

GF, DF, Vegan, Contains Soy

ASSORTED DELI PLATTER WITH ASIAN CHICKEN SALAD (Chicken Breast, Mayo, Onion, Celery, Kosher Salt, Mirin, Green Onion, Five Spice, Garlic, Sesame Oil) GF, DF, SF*, **BREADS AND CONDIMENTS**