

Lunch.



Tuesday

SALADS

Caesar salad **\$18**

Romaine lettuce hearts | shaved Parmigiano Reggiano | toasted garlic croutons
Caesar dressing

Contains: gluten, dairy, egg, soy, fish

Superfood salad (vegan) **\$22**

Avocado | roasted corn | black beans | jicama | grape tomatoes | red onions
quinoa and millet | crispy superfood grains | kale | romaine lettuce | cilantro
chipotle vinaigrette

Contains: soy, **low carbon** + **water wise**

Cobb salad **\$18**

Romaine lettuce | diced ham | crumbled bacon | hard-boiled egg
grape tomatoes | cheddar cheese | shaved red onions | ranch dressing

Contains: pork, dairy, egg, soy

Grilled veggie wrap (vegan) **\$18**

Roasted zucchini | yellow squash | portobello mushroom | red peppers
shredded carrots | romaine lettuce | balsamic vinaigrette | wrap (NGI*)

Contains: soy, **low carbon** + **water wise**

SANDWICHES AND WRAPS

Turkey and Swiss sandwich **\$22**

Shaved turkey | roasted red peppers | Emmental Swiss cheese
tender greens | sweet coleslaw | house-baked hoagie roll

Contains: gluten, egg, soy, dairy

Napoli club **\$22**

Roasted turkey | soppressata | provolone | red onions | arugula | mayo
red pepper relish | multi-grain roll

Contains: pork, dairy, gluten, egg, soy

*Items marked with No Gluten Ingredients (NGI) are prepared without gluten ingredients.

However, the kitchen handles wheat. We cannot guarantee any item is completely allergen-free.



Lunch.



Tuesday

BOWLS

Buddha bowl (vegan) \$25

Herb quinoa | roasted sweet potatoes | marinated chickpeas | kale
turmeric tahini dressing

Contains: soy, sesame **low carbon** + **water wise**

Chicken gyro bowl \$24

Grilled lemon chicken | saffron rice | salata baladi | tzatziki

Contains: dairy

Aleppo pepper salmon bowl \$24

Salmon | vegetable quinoa | sautéed kale | lemon tahini

Contains: fish, sesame

Jambalaya bowl (vegan) \$22

Plant-based andouille sausage | tomato dirty rice | Creole broth
green onions | braised collard greens

low carbon + **water wise**

HOT POCKETS

Chicken Philly cheesesteak \$18

Chicken | peppers and onions | mushrooms | provolone cheese sauce

Contains: gluten, dairy, egg

Roasted garden (vegan) \$18

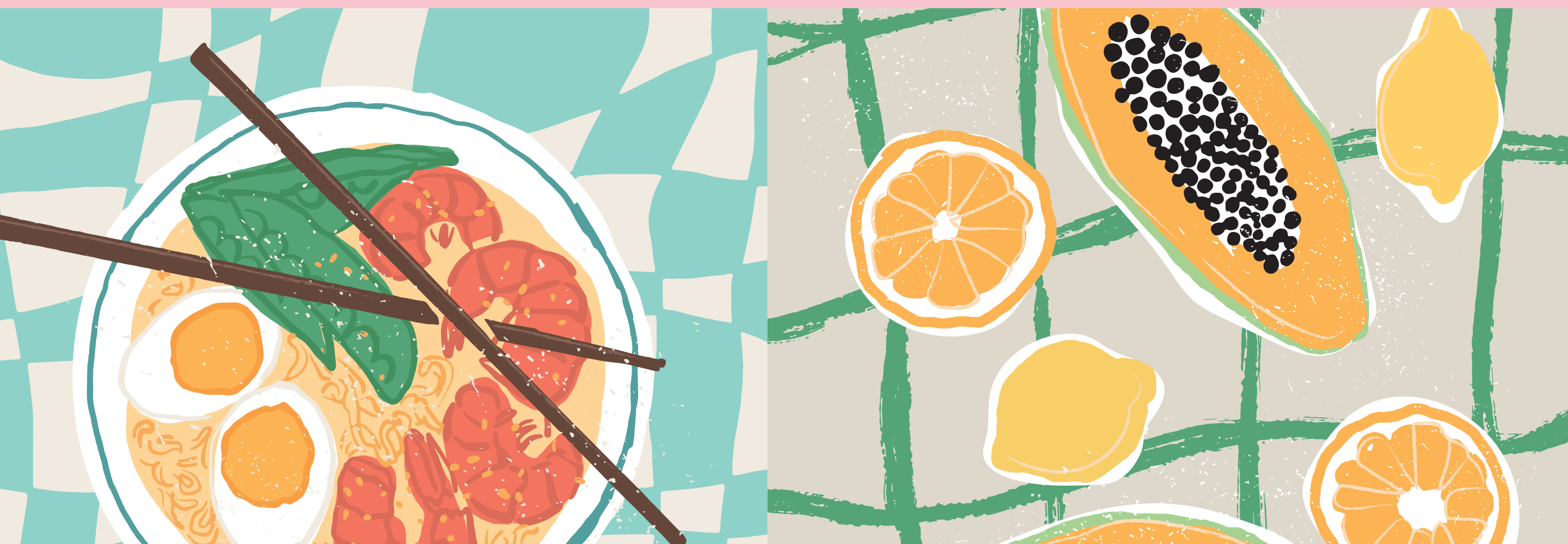
Tomato | artichoke | eggplant | spinach | vegan mozzarella | pesto Alfredo

Contains: gluten, **low carbon** + **water wise**

Ham and Boursin \$18

Ham | mozzarella | piquillo peppers | garlic Boursin cream cheese

Contains: gluten, dairy, egg, pork



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BOWLS

Grape and cucumber salad (vegetarian)..... \$20

Wild arugula | crumbled feta | hothouse cucumbers | purple and green grapes
candied pecans | watermelon-tajin vinaigrette

Contains: dairy, nuts, **low carbon**

Butter chicken bowl \$24

Chicken | coriander-scented basmati rice | raita | chopped cilantro | garlic naan

Contains: dairy, gluten

Blackened Mahi Mahi Bowl \$24

Mahi Mahi | Spanish rice | fire-roasted squash | charred onions and peppers
pineapple salsa

Contains: fish

Plantfare picadillo bowl (vegan) \$22

Arroz primavera | quick pickled vegetables | poblano | potatoes | carrots
kidney beans | guajillo-tomato broth

Contains: soy, **low carbon** + **water wise**

HOT POCKETS

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Chicken | peppers and onions | mushrooms | provolone cheese sauce

Contains: gluten, dairy, egg

Roasted garden (vegan) \$18

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Contains: gluten, **low carbon** + **water wise**

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BOWLS

Harvest bowl (vegan) \$22

Red quinoa salad | baby spinach | asparagus | Yukon potatoes | cucumber
cherry tomatoes | black olives | pickled red onions | lemon dressing

Contains: soy, **low carbon** + **water wise**

Lemon herb chicken bowl \$24

Chicken | blistered brussels sprouts | rice pilaf | lemon chicken jus | herb oil

Garlic salmon bowl \$24

Salmon | haricot vert | tarragon beurre blanc | Mediterranean olive oil pasta
roasted artichokes | olives | cherry tomatoes | lemon | chilli flakes

Contains: fish, dairy, gluten

Eggplant caponata bowl (vegan)..... \$23

Warm farro | savory eggplant caponata | Tuscan kale | sweet onions
sun-dried tomatoes | Sicilian olives | Italian parsley

Contains: gluten, **low carbon** + **water wise**

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