

Week of July 26

Monday – Friday Breakfast 7:30 am – 9:30 am Lunch 11:30 am – 1:30 pm



Monday

butcher and baker: cuban, ham, roast pork, swiss, pickle, mustard on telera or **6** grilled eggplant, hummus, spinach, tomato on ciabatta

masala: ♦ (H) chicken achari or ♦ aloo gobi, daal soup, basmati rice, naan

zen: ♦ shrimp lo mein or ♦ vegetable option with wok tossed vegetables

Tuesday

flame: chile verde slow braised pork, refried beans, kim's spanish rice or plant-based option

butcher and baker: cuban, ham, roast pork, swiss, pickle, mustard on telera or **6** grilled eggplant, hummus, spinach, tomato on ciabatta

zen: beef with tomato & egg or ♠ plant-based option mixed vegetables & brown rice

ednesday

butcher and baker: cuban, ham, roast pork, swiss, pickle, mustard on telera or **6** grilled eggplant, hummus, spinach, tomato on ciabatta

masala: ♦ (H) chicken biryani or ♦ vegetable biryani with riata

zen: sam's braised beef or ♠ plant-based option with mixed vegetables & jasmine rice

hursday

flame: pizza your choice of bbq (H) chicken, onion, jalapeno or pepperoni or vegetable with peppers, mushroom, tomato, onion

butcher and baker: cuban, ham, roast pork, swiss, pickle, mustard on telera or \spadesuit grilled eggplant, hummus, spinach, tomato on ciabatta

masala: ♦ shrimp aloo curry or ♦ mattar paneer, basmati rice, daal & naan

Friday

butcher and baker: cuban, ham, roast pork, swiss, pickle, mustard on telera or **6** grilled eggplant, hummus, spinach, tomato on ciabatta

masala: ♦ (H) chicken paratha wrap or ♦ paneer wrap with daal soup

zen: ♦ honey soy salmon or ♦ organic tofu with wok tossed vegetables & pineapple cashew rice

don't miss this

weekly salad specials:

southwest chicken, romaine, pico de gallo, black beans, corn, shredded jack cheese, chipotle ranch dressing •

mixed greens, sun-dried tomato, quinoa, basil, heirloom tomato, cucumber, balsamic vinaigrette •



monday

tomato basil sausage potato & kale

tuesday

carrot ginger **€** (H)chicken hot & sour **€**

wednesday

vegetarian minestrone **6** split pea & ham

thursday

(H) chicken orzo **€** cream of cauliflower

friday

clam chowder vegetarian chili 🌢