

Mediterranean Menu

Please request any desired protein – Grilled chicken strips, shredded chicken, Hanger Steak bites, Bulgogi or Teriyaki Steak, Chicken or Pork, Grilled Shrimp, Salmon or a White fish that looks best that day, Ground beef, chicken, turkey or lamb, Pork Tenderloin or chops, etc....

Bowls

- Burrito Bowl with Sautéed Peppers and Onions, Black Beans and desired Salsa – Tomato, cucumber, tropical or tomatillo
- Indian Bowl with Curried Cauliflower, Chickpeas, Green Beans and Carrots over Basmati Rice
- Chinese Bowl – Cabbage, Carrots, Tofu, Peppers, Broccoli, Shitake Mushrooms, Scallions over Brown Rice
- Korean Bowl – Carrots, Shitake Mushrooms, Edamame, Peppers and Spinach over Brown Rice
- Mediterranean Bowl with Hummus, Marinated Artichokes, Kalamata Olives, Roasted Peppers over
- Italian Bowl with Marinated Broccolini, Mushrooms, Peppers, Carrots and Cannellini Beans over Farro
- Balsamic Bowl with Garbanzo Beans, Grilled Zucchini, Peppers and Eggplant over Whole Wheat Pasta
- Quinoa Bowl with Swiss Chard, Mushrooms, Red Onion and Peppers
- Pesto Bowl with Mozzarella, Grape Tomatoes, Roasted Peppers over Whole Wheat Pasta
- Loaded Sweet Potato Bowl with Chili and Cheddar
- Loaded Purple Sweet Potato with Korean BBQ Marinated Protein, Kimchi and Scallions
- Loaded Potato with Bacon, Broccoli and Cheddar

Jar Salads

- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Apple, Arugula, Shallots and Candied Pecans with Apple Cider Vinaigrette
- Butternut Squash, Cranberry and Pumpkin Seeds over Greens with White Wine Vinaigrette
- Spinach Salad with Hard Boiled Eggs, Mushrooms and Hot Bacon Dressing
- Cucumber, Pepper and Red Onion Italian Salad
- Apple, Craisins, and Sun Flower Seeds with Romaine Lettuce with Pomegranate Vinaigrette
- Roasted Beet, Goat Cheese and Candied Walnut Salad over Baby Greens with Balsamic Vinaigrette
- Fennel, Orange and Pomegranate Salad with Citrus Vinaigrette
- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette

- Cesar salad with Home Made Croutons
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with Red Wine Vinaigrette
- Thai Noodle Salad with Shredded Carrots, Napa Cabbage, Radish, Cucumber, Peppers and Peanut Dressing
- Mango, Jicama, Pepper, Cucumber, and Red Onion over Shredded Lettuce with Cilantro Lime Dressing

Pasta Sauces

- Lemon Picatta with Capers and Asparagus
- Bolognese with Ground Beef, Lentils or Chicken
- Amatriciana – Contains Pork
- Pesto – contains tree nuts
- Puttanesca – contains fish
- Marinara
- Salsa di Noci – Walnut based Pesto

Soups, Curries, Stews and Chilis

- Coq au Vin
- Chicken Cacciatore
- Beef Chili and Kidney Bean
- Green Chicken Tomatillo Chili and Navy Bean
- Butternut Squash
- Red Pepper and Zucchini
- Italian Meatballs with Parsley, Lemon, Garlic and Nutmeg
- Mediterrean Meatballs with Lemon, Parsley, Cumin and Garlic
- Albondigas Soup with Mexican Meatballs
- Beef Bourignon
- Thai Red Curry
- Thai Green Curry
- Indian Curry
- Escarole and Bean
- Chicken Noodle