

Hot Lunch Menu 03/02 - 03/06

Monday

- ▶ Romaine, Roasted Corn, Cucumber, Tomato, Avocado, Citrus Vinaigrette **V+ DF GF**
- ▶ Cabbage Slaw, Mango Pineapple Salsa, Carrot, Peppers, Apple Cider Vinaigrette **V+ DF GF**
- ▶ Heritage Jerk Chicken, Scallion, Cilantro, Limes **DF GF**
- ▶ Skirt Steak, Pickled Red Onion, **DF GF ***
- ▶ Roasted Cauliflower, Turmeric, Paprika, Spiced Tomato **V+ DF GF**
- ▶ Coconut Rice, English Peas **V+ DF GF**

Tuesday

- ▶ Bowery Farms Greens, Cucumber, Tomato, Pumpkin Seeds, Balsamic Dressing **V+ DF GF**
- ▶ Potato Salad, Chives, Hard-Boiled Eggs, Parsley, Celery, Red Onion **V DF GF**
- ▶ Hidden Fjord Salmon, Oregano Lemon Rub, Gremolata **DF GF**
- ▶ Seared Chicken Breast, Strawberry Balsamic Glaze, Micro Basil, Fried Leeks **DF GF**
- ▶ Butternut Squash, Fresh Parsley **V GF**
- ▶ Buttered Fingerling Potatoes, Chives, Shaved Grano Padano, Lemon **V GF**

Wednesday

- ▶ Baby Spinach, Spiced Pepitas, Strawberries, Shaved Fennel, Italian Dressing, Goat Cheese **V GF**
- ▶ Roasted Sweet Potato, Pomegranate, Kale, Craisins, Orange Honey Dressing **V DF GF**
- ▶ French Cut Chicken, Roasted Mushrooms, Smoked Olive Oil **DF GF**
- ▶ Cod, Tomato Bruschetta, Capers, Herbs **DF GF**
- ▶ Roasted Mixed Vegetables, Artichokes, Crispy Shallots **V+ DF GF**
- ▶ Quinoa, Herbs, Lemon Zest, Herbs **V+ DF GF**

Thursday

- ▶ Mesclun Greens, Cucumber, Radish, Frisee, Sesame Ginger Dressing **V+ DF**
- ▶ Barley, Shredded Carrot, Bell Peppers, Broccoli, Cabbage, Scallion, Toasted Sesame Dressing **V+ DF**
- ▶ Roasted Chicken, Miso Honey Glaze **DF**
- ▶ Hanger Steak, Fried Leeks, Soy Caramel Sauce **DF ***
- ▶ Bok Choy, Chili Crisp, Lime Zest **V+ DF GF**
- ▶ Sushi Rice, Sesame Seeds **V+ DF GF**

Friday

- ▶ Baby Kale, Tomato, Avocado, Pepitas, Chipotle Vinaigrette **V+ DF GF**
- ▶ Corn & Black Bean Salad, Queso Fresco, Cilantro, Lime, Tajin, Agave Orange Dressing **V GF**
- ▶ Beef Picadillo, Peppers, Onions, Olives **DF GF**
- ▶ French Cut Chicken, Guajillo Agave Sauce **DF GF**
- ▶ Asparagus, Crispy Garlic **V+ DF GF**
- ▶ Steamed Yellow Rice **V+ DF GF**

Buffets Are Accompanied By A Mixed Green And A Composed Side Salad, Dinner Rolls, House Baked Cookies, Brownies And Seasonal Cut Fruit

*V = Vegetarian
 V+ = Vegan
 DF = Dairy Free
 GF = Gluten Free
 * = Ambient*

Deli Lunch Menu 03/02 - 03/06

Monday

- ▶ Romaine, Roasted Corn, Cucumber, Tomato, Avocado, Citrus Vinaigrette **V+ DF GF**
- ▶ Cabbage Slaw, Mango Pineapple Salsa, Carrot, Peppers, Mustard, Apple Cider Vinaigrette **V+ DF GF**
- ▶ Turkey Club, Bacon, Iceberg Lettuce, Heirloom Tomato, Garlic Herb Mayo, Sourdough Roll **DF**
- ▶ Roast Beef, Provolone, Horseradish Spread, Arugula, Brioche Roll
- ▶ Calabrian Chili Shrimp Wrap, Spring Mix, Pepperoncini, Brie Spread
- ▶ Egg Salad, Cherry Tomato, Chives, Everything Roll **V DF**

Tuesday

- ▶ Bowery Farms Greens, Cucumber, Tomato, Pumpkin Seeds, Balsamic Dressing **V+ DF GF**
- ▶ Potato Salad, Chives, Hard-Boiled Eggs, Parsley, Celery, Red Onion **V DF GF**
- ▶ Pesto Turkey Wrap, Smoked Turkey, Sundried Tomato, Shaved Parmesan, Pepperoncini, Arugula, Sourdough Roll
- ▶ Crispy Chicken Caesar Wrap, Chopped Romaine, Pecorino Romano, House Made Croutons
- ▶ Roast Beef, Roasted Peppers, Aged Manchego, Spicy Aioli, Watercress, Everything Roll
- ▶ Heirloom Tomatoes, Fresh Mozzarella, Arugula, Spinach, Balsamic Glaze, Herb Focaccia **V**

Wednesday

- ▶ Baby Spinach, Spiced Pepitas, Strawberries, Shaved Fennel, Italian Dressing, Goat Cheese **V GF**
- ▶ Roasted Sweet Potato, Pomegranate, Kale, Craisins, Orange Honey Dressing **V DF GF**
- ▶ Chipotle Chicken Breast, Baby Kale, Avocado Mash, Pepper Jack, Multigrain Roll
- ▶ Pastrami, Aged Swiss, Thousand Island Spread, Pumpnickel Roll
- ▶ Smoked Salmon, Cucumbers, Dill, Pickled Onions, Everything Bagel Roll
- ▶ Chickpea Salad Wrap, Micro Herbs, Watercress, Carrots, Sesame Hummus **V+ DF**

Thursday

- ▶ Mesclun Greens, Cucumber, Radish, Frisee, Sesame Ginger Dressing **V+ DF**
- ▶ Barley, Shredded Carrot, Bell Peppers, Broccoli, Cabbage, Scallion, Toasted Sesame Dressing **V+ DF**
- ▶ Grilled Chicken Caesar Wrap, Romaine Lettuce, Parmesan, Croutons
- ▶ BLT, Applewood Bacon, Lettuce, Heirloom Tomatoes, Mesclun, Challah Roll
- ▶ Albacore Tuna Salad, Pepperoncini, Wild Arugula, Onion Roll
- ▶ Roasted Vegetables, Cucumber, Peppers, Tomato, Vegan Feta, Sundried Tomato Wrap **V+ DF**

Friday

- ▶ Baby Kale, Tomato, Avocado, Pepitas, Chipotle Vinaigrette **V+ DF GF**
- ▶ Corn & Black Bean Salad, Queso Fresco, Cilantro, Lime, Tajin, Agave Orange Dressing **V GF**
- ▶ Oven Roasted Turkey, Spinach, Cheddar, Olive Spread, Rosemary Focaccia
- ▶ Honey Ham, Provolone, Whole Grain Mustard, Arugula, Rustic Roll
- ▶ Cajun Shrimp Wrap, Romaine, Roasted Corn, Pineapple Mango Salsa **DF**
- ▶ Portobello Mushrooms, Roasted Peppers, Herbed Cheese, Watercress, Balsamic Glaze, 7 Grain Roll **V**

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Build A Bowl Menu 03/02 - 03/06

Protein:

- ▶ Tandoori Chicken **GF**
- ▶ Chickpea Curry **V+ DF GF**

Greens & Grains:

- ▶ Spinach **V+ DF GF**
- ▶ Cardamom Basmati Rice **V+ DF GF**

Accompaniments:

- ▶ Turmeric Roasted Cauliflower **V+ DF GF**
- ▶ Pineapple Mango Chutney **V+ DF GF**
- ▶ Pickled Onions **V+ DF GF**
- ▶ Masala Honey Slaw **V DF GF**
- ▶ Micro Cilantro **V+ DF GF**
- ▶ Spiced Sweet Potatoes **V+ DF GF**

Dressing:

- ▶ Yogurt Mint Sauce **V GF**

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Allergies & Intolerances

We encourage guests to ask to speak to the Chef or Manager regarding any questions about ingredients contained in the food being considered. Menu items will be marked with the icons pictured below.

Please note we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.

