

Hot Lunch Menu 05/11 - 05/15

Monday

- ▶ Red Leaf Lettuce, Marinated Beets, Strawberries, Fennel, Lemon Poppy Seed Dressing **V+ DF GF**
- ▶ Toasted Farro, Seasonal Vegetables, Radish, Arugula, Apple Cider Vinaigrette **V+ DF**
- ▶ Chicken Parmesan, Marinara, Burrata, Basil
- ▶ Fennel Crusted Skirt Steak, Roasted Mushrooms, Caramelized Pearl Onions **DF GF ***
- ▶ Roasted White Eggplant, Pesto **V GF**
- ▶ Gnocchi, Grilled Kale, Herb Butter, Shaved Parmesan **V**

Tuesday

- ▶ Mixed Greens, Cucumber, Cherry Tomato, Red Onion, Carrot, Red Wine Dressing **V+ DF GF**
- ▶ Kale, Lemon Quinoa, Sunflower Seeds, Crumbled Feta, Blueberry Balsamic Vinaigrette **V GF**
- ▶ Roasted Lamb Chuck, Mushrooms, Mustard Thyme Sauce, Pomegranates **GF**
- ▶ Grilled Atlantic Salmon, Honey Balsamic Reduction, Crushed Pepitas, Herbs **DF GF**
- ▶ Roasted Asparagus, Lemon Zest, Sea Salt, Charred Grapefruit **V+ DF GF**
- ▶ Herbed Row 7 Potatoes, Cracked Black Pepper **V+ DF GF**

Wednesday

- ▶ Arugula, Radicchio, Bell Peppers, Shredded Carrots, Radish, Miso Ginger Vinaigrette **V+ DF**
- ▶ Sliced Cucumber, Radish, Red Onion, Sesame Oil, Korean Chili Flake, Honey Soy Dressing **V DF**
- ▶ Korean Marinated Chicken, Black Garlic Aioli, Toasted Sesame Seeds, Scallion **DF**
- ▶ Grilled Skirt Steak, Shishito Peppers, Miso Chili Sauce, Cilantro **DF ***
- ▶ Roasted Baby Bok Choy, Sweet Soy, Chives **V+ DF**
- ▶ Lo Mein Noodles, Seasonal Vegetables, Bean Sprouts, Cabbage, Carrot, Scallion **V+ DF**

Thursday

- ▶ Romaine, Cherry Tomato, Cotija, La Milpa Corn Tortilla Strips, Red Onion, Chipotle Caesar **V GF**
- ▶ Black Beans, Corn, Jicama, Cucumber, Bell Pepper, Arugula, Lime Tajin Dressing **V+ GF**
- ▶ Roasted Cod, Coconut Verde Sauce, Grilled Pineapple **DF GF**
- ▶ Brined Chicken, Mojo Salsa, Green Onion **DF GF**
- ▶ Charred Broccoli, Citrus Agave, Toasted Sunflower **V+ DF GF**
- ▶ Polenta, Blistered Tomatoes, Poblano Peppers, Chihuahua Cheese **V GF**

Friday

- ▶ Bowery Farms Mixed Greens, Shredded Carrot, Cucumber, Parsley, Zaatar Yogurt Dressing **V GF**
- ▶ Cucumber, Tomato, Red Onion, Pomegranate, Mint, Bulgur, Lemon Dressing **V+ DF**
- ▶ Chicken Panang, Potato, Peppers, Peas **DF GF**
- ▶ Samosa, Cilantro Chutney, Herbs **DF**
- ▶ Curried Cauliflower, Cardamom, Cilantro **V+ DF GF**
- ▶ Steamed Basmati Rice & Naan **V+ DF**

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

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

Deli Lunch Menu 05/11 - 05/15

Monday

- ▶ Red Leaf Lettuce, Marinated Beets, Strawberries, Fennel, Lemon Poppy Seed Dressing **V+ DF GF**
- ▶ Toasted Farro, Seasonal Vegetables, Radish, Arugula, Apple Cider Vinaigrette **V+ DF**
- ▶ Corned Beef, Sauerkraut, Swiss, Russian Dressing, Rye Roll
- ▶ Greek Chicken Gyro, Tzatziki, Tomato, Greek Olives, Feta, Laffa Wrap
- ▶ Smoked Salmon Avocado Toast, Radish, Dill, Caper, Sourdough Roll **DF**
- ▶ Chickpea & Kimchi Wrap, Red Onion, Romaine, Scallion, Sesame **V+ DF**

Tuesday

- ▶ Mixed Greens, Cucumber, Cherry Tomato, Red Onion, Carrot, Red Wine Dressing **V+ DF GF**
- ▶ Kale, Lemon Quinoa, Sunflower Seeds, Crumbled Feta, Blueberry Balsamic Vinaigrette **V GF**
- ▶ Ham, Provolone, Pickles, Mustard, Aioli, Semolina Oval Roll
- ▶ Chicken Caesar Wrap, Romaine, Parmesan, Caesar Dressing
- ▶ Buffalo Shrimp, Blue Cheese Aioli, Cucumber, Shredded Romaine, Pretzel Roll
- ▶ Portobello Mushroom, Pepperjack, Lettuce, Tomato, Poppy Seed Roll **V**

Wednesday

- ▶ Arugula, Radicchio, Bell Peppers, Shredded Carrots, Radish, Miso Ginger Vinaigrette **V+ DF**
- ▶ Sliced Cucumber, Radish, Red Onion, Sesame Oil, Korean Chili Flake, Honey Soy Dressing **V DF**
- ▶ Pepperoni, Mozzarella, Lettuce, Tomato, Red Onion, Italian Dressing, Baguette
- ▶ Smoked Turkey, Pesto, Citrus Aioli, Arugula, Hudson Health Bread
- ▶ Tuna Salad, Banana Peppers, Tomato, Lettuce, Roll **DF**
- ▶ Roasted Red Pepper, Artichoke Hearts, Parmesan, Spinach, Sesame Hummus, Focaccia **V**

Thursday

- ▶ Romaine, Cherry Tomato, Cotija, La Milpa Corn Tortilla Strips, Red Onion, Chipotle Caesar **V GF**
- ▶ Black Beans, Corn, Jicama, Cucumber, Bell Pepper, Arugula, Lime Tajin Dressing **V+ GF**
- ▶ Roast Beef, Cheddar, Horseradish Aioli, Little Gem, Rustic Roll
- ▶ BBQ Chicken Wrap, Cabbage Slaw, American Cheese, Pickles
- ▶ Coconut Shrimp Po Boys, Mango Salsa, Romaine, French Batard Roll **DF**
- ▶ Fresh Mozzarella, Heirloom Tomato, Basil, Aged Balsamic, EVOO, Ciabatta Roll **V**

Friday

- ▶ Bowery Farms Mixed Greens, Shredded Carrot, Cucumber, Parsley, Zaatar Yogurt Dressing **V GF**
- ▶ Cucumber, Tomato, Red Onion, Pomegranate, Mint, Bulgur, Lemon Dressing **V+ DF**
- ▶ Turkey Club, Applewood Smoked Bacon, Lettuce, Tomato, Garlic Aioli, Whole Wheat Roll **DF**
- ▶ Grilled Chicken, Pesto, Mozzarella, Spinach, Parker House Roll
- ▶ Blackened Salmon, Cucumber, Tomato, Citrus Aioli, Whole Grain Wrap **DF**
- ▶ Roasted Eggplant, Jalapeno Hummus, Cucumber, Tomato, Laffa **V+ DF**

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Build A Bowl Menu 05/11 - 05/15

Protein:

- ▶ BBQ Chicken **DF GF**
- ▶ Grilled BBQ Mushrooms **V+ DF**

Greens & Grains:

- ▶ Spinach **V+ DF GF**
- ▶ Bulgur **V+ DF**

Accompaniments:

- ▶ Roasted Corn **V+ DF GF**
- ▶ Chipotle Sweet Potatoes **V+ DF GF**
- ▶ Bell Peppers **V+ DF GF**
- ▶ Red Onion **V+ DF GF**
- ▶ Pineapple Chunks **V+ DF GF**
- ▶ Pickled Jalapeños **V+ DF GF**

Dressing:

- ▶ Raspberry Chipotle Lime Dressing **V+ DF 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.

