

Hot Lunch Menu 05/12 - 05/16

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**
- ▶ Herb Roasted Heritage Chicken, Lemon Pepper, Wilted Spinach **DF GF**
- ▶ Fennel Crusted Beef Coulotte, Roasted Mushrooms, Caramelized Pearl Onions **DF GF ***
- ▶ Wax Beans, Pesto, Herbs **V GF**
- ▶ Smoked 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**
- ▶ Coq Au Vin, Heritage Chicken Thighs, Cremini, Tomato, Burgundy, Parsley **DF GF**
- ▶ Grilled Atlantic Salmon, Honey Mustard Glaze, Herbs, Cherry Tomato **DF GF**
- ▶ Roasted Asparagus, Lemon Zest, Sea Salt **V+ AD AG**
- ▶ Herbed Row 7 Potatoes, Cracked Black Pepper **V+ DF GF**

Wednesday

- ▶ Spinach, Cucumber, Scallion, Radish, Miso Ginger Vinaigrette **V+ DF**
- ▶ Sliced Cucumber, Shredded red Cabbage, Nori, Sesame Oil, Yuzu Dressing **V+ DF**
- ▶ Korean Marinated Chicken, Black Garlic Aioli, Toasted Sesame Seeds, Scallion **DF**
- ▶ Grilled Shrimp, Shishito Peppers, Miso Chili Sauce, Cilantro **DF**
- ▶ Seared Baby Bok Choy, White Soy, Yuzu **V+ DF**
- ▶ Banh Pho Noodles, Sugar Snap Peas, 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, Lime Tajin Dressing **V+ GF**
- ▶ Roasted Pollack, Salsa Verde, Cilantro Crema **GF**
- ▶ Grilled Heritage Chicken, Cocoa Mole, Green Onion **DF GF**
- ▶ Charred Broccoli, Citrus Agave, Toasted Sunflower **V+ DF GF**
- ▶ Polenta, Blistered Tomatoes, Poblano Peppers **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**
- ▶ Butter Chicken, Parsley, Garam Masala, Yogurt **GF**
- ▶ Grass Fed Beef Keema, Peas, Potato, Mint, Parsley **DF GF**
- ▶ Curried Cauliflower, Cardamom, Cilantro **V+ DF GF**
- ▶ Steamed Basmati 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 05/12 - 05/16

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 Bread
- ▶ Greek Chicken Gyro, Tzatziki, Tomato, Greek Olives, Feta, Laffa Wrap
- ▶ Smoked Salmon Avocado Toast, Radish, Dill, Capers, Sourdough **DF**
- ▶ Chickpea & Kimchi Wrap, Red Onion, Romaine, Scallion, Sesame, GF Wrap **V+ DF GF**

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, Cuban Roll
- ▶ Chicken Caesar Wrap, Romaine, Parmesan, Caesar Dressing
- ▶ Buffalo Shrimp, Blue Cheese Aioli, Cucumber, Shredded Romaine, Wheat Hero
- ▶ Portobello Mushroom, Pepperjack, Lettuce, Tomato, Seeded Roll **V**

Wednesday

- ▶ Spinach, Cucumber, Scallion, Radish, Miso Ginger Vinaigrette **V+ DF**
- ▶ Sliced Cucumber, Shredded red Cabbage, Nori, Sesame Oil, Yuzu 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, Potato Bun **DF**
- ▶ Roasted Red Pepper, Artichoke Hearts, Vegan Feta Cheese, Spinach, Sesame Hummus, Focaccia **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, Lime Tajin Dressing **V+ GF**
- ▶ Roast Beef, Cheddar, Horseradish Aioli, Little Gem, Rustic Sourdough
- ▶ BBQ Chicken Wrap, Cabbage Slaw, American Cheese
- ▶ Coconut Shrimp Po Boys, Mango Salsa, Romaine, Semolina Hero **DF**
- ▶ Fresh Mozzarella, Heirloom Tomato, Basil, Aged Balsamic, EVOO, Ciabatta **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 **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 05/12 - 05/16

BBQ Bowl

Protein:

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

Greens & Grains:

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

Accompaniments:

- ▶ Grilled Corn **V+ DF GF**
- ▶ Roasted 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.

