

LUNCH

MONDAY, MAY 12, 2025

ALMOND ROSEMARY LEMON TOFU

almonds coconut milk



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
170	205mg	8g	10g	12g	0mg	3g

CRUSTLESS GARDEN QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	635mg	20g	18g	16g	150mg	4g

WINGS OF FIRE 2 pcs



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	410mg	15g	11g	1g	80mg	0g

sesame

KOREAN BEEF OVER RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	676mg	11g	17g	28g	30mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, MAY 12, 2025

HEARTY GARDEN SPAGHETTI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	675mg	15g	2g	48g	0mg	5g

CHICKPEA CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	2855mg	8g	15g	37g	10mg	4g

CHICKEN CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
350	600mg	23g	20g	19g	60mg	1g

ITALIAN SPAGHETTI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	475mg	16g	8g	45g	40mg	2g

gluten-free pasta available per request



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen