**salad**

16oz Large Salad
Local Lettuce, Fresh House Toppings  
V VG
Cal 390 - 580 | $4.79

**soup**

OF THE WEEK
Changes Weekly

Scroll Down
for Rotation

**entree**

Harvest Chicken Breast
Cal 255 | $4.79

Ancient Grain Stuffed Portobello Mushroom
Cal 165 | $3.79 
V

Citrus Glazed Salmon
Cal 230 | $7.99

Balsamic Marinated Flank Steak
Cal 330 | $5.19

**halal**

AVAILABLE TUESDAY & THURSDAY

Scroll Down
for Rotation

**sides**

Spinach & Wild Rice Pilaf  
VG V
Cal 200 | $1.99

Side Salad  
VG V
Cal 120 | $1.99

Roasted Local Squashes  
VG V
Cal 100 | $1.99

Mashed Sweet Potato  
VG V
Cal 100 | $1.99

Broccolini with Lemon & Garlic  
VG V
Cal 70 | $1.99

**drinks**

Fountain Beverages
(16oz) $1.79
(20oz) $2.19

**juices & smoothies**

Fresh Squeezed Orange Juice  
VG V
Cal 180 | $3.79

Carrot, Beets, & Ginger Juice  
VG V
Cal 190 | $3.99

Pineapple, Spinach, Mango, Matcha Green Tea Smoothie  
VG V
Cal 200 | $4.29

Local Honey & Triple Berry Smoothie  

Cal 150-220 | $4.29

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2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**NEW MENU**

See associate for details.

1 Meal Swipe:

FRESH | LOCAL | SUSTAINABLE

$10
<table>
<thead>
<tr>
<th>Combo</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Salad Bar with Side, Choice of Fresh Fruit or Allergen Free Dessert, &amp; a 16oz Fountain Beverage</td>
<td>$9.29</td>
</tr>
<tr>
<td>2</td>
<td>Soup Du Jour with Side, Choice of Fresh Fruit or Allergen Free Dessert, &amp; a 16oz Fountain Beverage</td>
<td>$7.49</td>
</tr>
<tr>
<td>3</td>
<td>Harvest Chicken Breast with Side, Choice of Fresh Fruit or Allergen Free Dessert, &amp; a 16oz Fountain Beverage</td>
<td>$9.29</td>
</tr>
<tr>
<td>4</td>
<td>Ancient Grain Stuffed Portobello Mushroom with Side, Choice of Fresh Fruit or Allergen Free Dessert, &amp; a 16oz Fountain Beverage</td>
<td>$8.29</td>
</tr>
<tr>
<td>5</td>
<td>Balsamic Marinated Flank Steak with Side, Choice of Fresh Fruit or Allergen Free Dessert, &amp; a 16oz Fountain Beverage</td>
<td>$9.69</td>
</tr>
<tr>
<td>Soup Menu</td>
<td>Changes Weekly</td>
<td></td>
</tr>
<tr>
<td>-----------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td><strong>Grilled Chicken Tortilla</strong></td>
<td>Week of 11/27</td>
<td></td>
</tr>
<tr>
<td>Grilled Chicken Simmered in House-Made Chicken Broth with Onions, Tomatoes, Ancho &amp; Chipotle Peppers</td>
<td>Cal 185</td>
<td>$2.99</td>
</tr>
<tr>
<td><strong>Cuban Black Bean</strong></td>
<td>Week of 12/4</td>
<td></td>
</tr>
<tr>
<td>Black Turtle Beans Slow Cooked with Sweet Spices &amp; Peppers in Vegetable Broth finished with Cilantro</td>
<td>Cal 220</td>
<td>$2.99</td>
</tr>
<tr>
<td><strong>White Bean, Kale, &amp; Sausage</strong></td>
<td>Week of 12/11</td>
<td></td>
</tr>
<tr>
<td>Italian Sausage Simmered in Chicken Broth with Leeks, Carrots, Kale, Tomato, &amp; White Beans <em>(Contains Pork)</em></td>
<td>Cal 145</td>
<td>$2.99</td>
</tr>
</tbody>
</table>
Halal Menu

Served on Rotation Every Tuesday and Thursday

Chicken Tikka Masala
Tandoori Roasted Chicken Simmered with Creamy Tomato Curry Sauce (*Contains Dairy*)
Cal 300 | $5.99

Roasted Curry Lamb
Tender Roasted Lamb Rubbed with a Ginger Garlic Curry
Cal 630 | $5.99

Chicken 65
Pan Fried Season Encrusted Chicken
Cal 360 | $5.99

Chicken Tandoori
Roasted Chicken Seasoned with a Traditional Indian Spice Blend (*Contains Dairy*)
Cal 560 | $5.99

Lamb Kefta
Middle Eastern Meatballs formed on Skewers, Flavored with Cumin, Garlic, Onions, & Fresh Herbs (*Contains Wheat*)
Cal 590 | $5.99

Curry Beef Stew
Slow Cooked Beef Stewed in a Savory Curry Broth
Cal 350 | $5.99

Halal Pepper Steak
Garlic Beef Stir-Fried with Julienne Onion, Red & Green Peppers, & Ginger, Finished with Green Onions (*Contains Soy*)
Cal 390 | $5.99