PROTEIN

BEEF BURGER (MEAT ONLY)
FILLET PARMIGIANA + $2.00
GARLIC & WHITE SHrimp + $2.00
SALMON + $3.00
CHICKEN FRICASSEE
MEDITERRANEAN ST. PETER
FEIJOADA
OCTOPUS RICE
THAI SHRIMP + $2.00
BACALAO
PORK TENDERLOIN
FIG & APRICOT
PULLED PORK
BOEUF BOURGUIGNON
GROUND TURKEY
SHRIMP MOQUECA + $2.00
CHICKEN BREAST
CHICKEN FAJITAS
MAMA’S MEATBALLS
SICILIAN CHICKEN PICCATTA
CHICKEN TERIYAKI W/ GREEN BEANS
COCONUT CHICKEN MARSALA
OAT-CRUST
CHICKEN PARM (GF)
BEIJIN ORANGE THIGH
KUNG PAO CHICKEN
MUSTARD BAKED
WHITEFISH (ST. PETER)
WHITEFISH CAKE 6OZ
FIESTA CHICKEN BURRITO BOWL
CHICKEN STROGANOFF
VEGAN MUSHROOM STROGANOFF
PLANTAIN MOQUECA
CHICKPEAS MASALA

1 PROTEIN
1 SIDE
1 VEGGIE
= $10.99

SIDE

MASHED POTATO
CREAMY RISOTTO
PARMIGIANO
VEGGIES MEDLEY
RICH RICED CAULIFLOWER
RICELLES BROCCOLI RISOTTO
EXTRAORDINARY BASMATI RICE
PLANTAIN PUREE
SWEET POTATO MASH
CARRETEIRO RICE
BROWN RICE
PEAS & WASABI PUREE
QUINOA
CREAMY TOASTED CORN
MUSHROOM STICKY-RICE
CAULIFLOWER MASH
STIRFRY RICE MEDLEY
ISRAELI COUSCOUS
GALLO PINTO

VEGGIE

SQUASH + PINOLI
RATATOULLI
SQUASH SPAGUETTI (ZOODLES)
ROASTED BROCCOLI
BUTTERY SWEET CORN
BUTTER FAROFA
PEAS
CITRUS-CILANTRO BABY LIME BEAN
GREEN BEANS
SAUTÉED CARROTS AND FRENCH GREEN BEANS
MEXICAN CORN
GREEN BEANS WITH WALNUTS
BLACK BEANS
CURRY CAULIFLOWER
ROASTED VEGGIES (SUMMER • CALI BLEND)

VG VEGETARIAN  V VEGAN
**FAST FOOD - $8.99**

- CHICKEN TENDERS
- YALL CHEESEBURGER
- FRENCH FRIES

**EXTRAS**

- GARLIC BREAD $1.75
- GARLIC NAAN $1.99
- BBQ SAUCE $0.75
- EXTRA SIDE $4.19

**PASTA - $9.49**

- GF ROTINI WITH TURKEY BOLOGNESE
- PLANTAIN GNOCCHI W/ BEEF BRISKET RAGU
- FEUCCINI CACIO & PEPE VG
- SPAGHETTI POMODORO VG

**DESSERT - $3.99**

- KEY LIME PIE
- STRAWBERRY CHEESECAKE
- CHOCOLATE CAKE
- CAKE DULCE DE LECHE
- COCONUT POPSICLE
- COCONUT WITH NUTELLA POPSICLE
- CHOCOLATE BROWNIE POPSICLE

**SNACKS**

- OREOS $2.49
- COOKIES $2.49
- DORITOS NACHO CHEESE $1.99
- DORITOS COOL RANCH $1.99
- FRITOS $1.99
- LAYS ORIGINAL CHIPS $1.99
- LAYS BARBECUE CHIPS $1.99
- PIRUCREAM $1.99

**SOUPS - $7.99**

- MINESTRONE
- CREAMY SPINACH SOUP VG
- ROASTED TOMATO SOUP VG
- LENTILS SOUP V
- VEGAN SWEET POTATO V

**BEVERAGES**

- PEPSI PRODUCTS (PEPSI, DIET PEPSI, 7UP, CRUSH, MTN DEW) $2.29 20oz Bottles
- AQUAFINA WATER $2.09 20oz Bottles
- NATURAL JUICES $1.99
- LIPTON TEA $2.89 20oz Bottles
- GATORADE $3.29 20oz Bottles
- SOBE LIFE WATER $2.49 20oz Bottles
- ENERGY DRINK $3.89

**HOT DRINKS**

- ESPRESSO COFFEE $1.99
- CAFFE AMERICANO $2.59
- CAPPUCINO COFFEE $3.29
- CAFE LATTE $3.09
- HOT CHOCOLATE $2.99
- TEA $2.99

VG VEGETARIAN V VEGAN