

Weekly Cafe Specials
Week 1

Sunday 7-Jun	Monday 8-Jun	Tuesday 9-Jun	Wednesday 10-Jun	Thursday 11-Jun	Friday 12-Jun	Saturday 13-Jun
Daily Soups						
Chicken and Wild Rice Allergens: allium, dairy	Lentil Allergens: allium	Miso Soup Allergens: soy, allium, fish, gluten	Tomato Florentine Allergens: Allium, Gluten	Minestrone Allergens: Allium, Gluten, Dairy	Seafood Chowder Allergens: Fish, Shellfish, Dairy, Allium	Broccoli Cheddar Allergens: Allium, Dairy
Vegetable Barley Allergens: gluten, allium	Chicken Noodle Allergens: allium, gluten	Roasted Red Pepper Allergens: Allium	Carrot Ginger Allergens: Allium	Hot & Sour Allergens: soy, egg, allium, sesame	Chicken Poblano Allergens: Dairy, Allium	Split Pea Allergens: Allium
Daily Salads						
	Summer Cobb Allergens: allium, dairy, egg, nuts	Tangy Lentil with Turkey Allergens: allium, dairy	Spring Spinach w/ Chicken Allergens: allium, nuts, dairy	Sunshine Salad with Turkey Allergens: Nut, Allium, Dairy	Chinese Chicken Salad Allergens: soy, sesame, allium, gluten	Chicken Caesar Salad (Allium, Dairy, Egg, Fish, Gluten)
	Summer Veggie Cobb Allergens: allium, egg, dairy, nuts	Tangy Vegetarian Lentil Allergens: allium, sesame	Spring Spinach Allergens: allium, nuts, dairy	Sunshine Salad with Herbed Tofu Allergens: nut, allium, dairy, soy	Chinese Tofu Salad Allergens: soy, sesame, allium, gluten	Caesar Salad (Allium, Dairy, Egg, Fish, Gluten)
Lunch Specials						
Ham and Cheese Quiche \$4.20 Allergens: Gluten, Egg, Dairy, Soy, Allium	Korean Pulled Pork Sandwich \$6.60 Gochujang Pulled Pork Pickled Veggies Crispy Onions Wheat Bun Allergens: Gluten, Allium, Soy, Egg	Carne Asada Taco Bowl \$7.60 Cilantro Rice Black Bean Salsa Salsa Roja Cilantro Avocado Achiote Crema Queso Fresco Allergens: Allium, Dairy	Salmon w/ CousCous Salad \$7.60 Herbed Salmon Cous Cous Salad Spinach Roasted Tomato Roasted Bell Pepper Lemon Pesto Vinaigrette Allergens: fish, gluten, dairy, allium, pinenuts	Mediterranean Turkey Quinoa Bowl \$6.60 White Quinoa Turkey Cucumber/Tomato Salad Yogurt Sauce Feta Cheese Allergens: Allium, Dairy	Teriyaki Chicken Bowl \$6.60 Teriyaki Chicken Thigh Jasmine Rice Carrot Scallion Bell Pepper Togarashi Allergens: Soy, Sesame, Allium	Ravioli w/ Marinara \$6.00 Sauteed Squash Allergens: Gluten, Allium, Soy, Dairy, Egg
Chicken Tamale \$3.60 Allergens: Corn, Soy, Allium, Dairy	Miso Portabella Sandwich \$6.00 Miso Marinated Portabella Ginger Mayo Pickled Veggies Crispy Onions Wheat Bun Allergens: Gluten, Allium, Soy, Egg	Shrimp Taco Bowl \$7.60 Cilantro Rice Black Bean Salsa Salsa Roja Cilantro Avocado Achiote Crema Queso Fresco Allergens: Allium, Dairy, Shellfish	Animal Style Beyond Burger \$6.60 Brioche Bun Caramelized Onions American Cheese Special Sauce Lettuce Tomato Onion Pickles Allergens: Soy, Gluten, Allium, Egg	Mediterranean Tofu Quinoa Bowl \$6.00 White Quinoa Mediterranean Tofu Cucumber/Tomato Salad Yogurt Sauce Feta Cheese Allergens: Allium, Dairy, Soy	Teriyaki Tofu Bowl \$6.60 Marinated Tofu Jasmine Rice Carrot Scallion Bell Pepper Togarashi Allergens: Soy, Sesame, Allium	Chef's Choice
Lunch Veg of the Day						
Spanish Rice Allergens: Allium	Charred Broccoli Allergens: Allium	Southwest Roasted Veggies Allergens: allium	Cucumber Dill Salad Allergens: allium	Cauliflower Allergens: Allium	Miso Japanese Eggplant Allergens: Soy, Sesame	
Lunch Starch of the Day						
	Umami Fries Allergens: Soy, Sesame	Cilantro Rice N/A	Cous Cous Salad Allergens: gluten, dairy, allium	Quinoa Allergens: N/A	Jasmine Rice Allergens: N/A	
Dinner Specials						
Turkey Sloppy Joe \$6.00 Hamburger Bun Allergens: Allium, Gluten	Tyler's Braised Chicken \$5.95 Allergens: Allium	Macaroni and Cheese \$4.20 Allergens: Dairy, Gluten, Soy	Chef's Choice	Braised Pork Chop \$5.95 Allergens: Allium	Salisbury Steak \$4.50 Allergens: Soy, Gluten, Anchovy, Allium	Herb Rubbed Baked Chicken \$5.95 Allergens: Allium
Chef's Choice	Mahi Mahi w/ Tropical Salsa \$7.20 Tropical Salsa (Allium) Allergens: Fish, Allium	Chicken Curry w/ Brown Rice \$6.60 Brown Rice (Allium) Allergens: Nut, Soy, Allium, Sesame	Chef's Choice	Vegetarian Chili \$4.80 Cheddar Corn Bread (Gluten, Dairy, Soy, Egg) Allergens: Allium	Chef's Choice	Grilled Salmon w/ Bruschetta \$7.20 Bruschetta (Allium) Allergens: Fish, Allium
Dinner Veg of the Day						
Zucchini Allergens: Dairy	Green Beans Allergens: Dairy			Peas Allergens: Dairy	Carrots Allergens: Dairy	Green Beans Allergens: Dairy
Dinner Starch of the Day						
	Egg Noodles (Allergens: Egg, Gluten) Or Ginger Quinoa (Allergens: n/a)	Brown Rice Allergens: Allium		Cheesy Polenta Allergens: Dairy	Mash Potatoes (Allergens: Dairy) & Gravy (Allergens: Gluten, Soy, Dairy)	Orzo Pasta Allergens: Allium, Gluten