

Weekly Cafe Specials
Week 1

Sunday 30-Aug	Monday 31-Aug	Tuesday 1-Sep	Wednesday 2-Sep	Thursday 3-Sep	Friday 4-Sep	Saturday 5-Sep
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, sesame	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	Beef Pares Bowl \$7.20 Filipino Seasoned Beef Jasmine Rice Carrot/Scallion Salad Allergens: Allium, Soy	Salmon Green Goddess Bowl \$7.60 Roasted Salmon Pearl Cous Cous Spinach Cherry Tomatoes Edamame Green Goddess Dressing Allergens: Fish, Allium, Dairy	Malaysian Chicken \$6.60 Marinated Chicken Thigh Coconut Rice Peanut Sauce Scallion Allergens: soy, peanut, allium	Mediterranean Turkey Quinoa Bowl \$6.60 White Quinoa Turkey Cucumber/Tomato Salad Yogurt Sauce Feta Cheese Allergens: Allium, Dairy	Orange Chicken \$6.60 Glazed Chicken Thigh Soba Noodle Salad Allergens: gluten, soy, sesame, allium	Ravioli w/ Marinara \$6.00 Sautéed Squash Allergens: Gluten, Allium, Soy, Dairy, Egg
Chicken Tamale \$3.60 Allergens: Corn, Soy, Allium, Dairy	Seared Tofu Pares Bowl \$6.60 Filipino Seasoned Tofu Jasmine Rice Carrot/Scallion Salad Allergens: Soy, Allium	Mixed Bean Green Goddess Bowl \$7.60 Baked Tofu Pearl Cous Cous Spinach Cherry Tomatoes Edamame Green Goddess Dressing Allergens: Soy, Allium, Dairy	Malaysian Shrimp \$7.20 Sautéed Shrimp Coconut Rice Peanut Sauce Scallion Allergens: shellfish, soy, peanut, allium	Mediterranean Chickpea Quinoa Bowl \$6.00 White Quinoa Roasted Chickpeas Cucumber/Tomato Salad Yogurt Sauce Feta Cheese Allergens: Allium, Dairy, Soy	Orange Salmon \$7.60 Glazed Salmon Filet Soba Noodle Salad Allergens: Fish, gluten, soy, sesame, allium	Chef's Choice
Lunch Veg of the Day						
Veggie of the day Allergens: Allium, Dairy	Broccoli Allergens: Soy, Gluten, Sesame	Roasted Veggies Allergens: Allium	Mango Cucumber Jicama Salad Allergens: dairy	Cauliflower Allergens: Allium	Stir Fried Veggies Allergens: Allium	Sauteed Squash Allergens: Allium
Lunch Starch of the Day						
Spanish Rice Allergens: Allium	Jasmine Rice Allergens: N/A	Quinoa Salad Allergens: Allium	Coconut Rice Allergens: N/A	Quinoa Allergens: N/A	Soba Noodle Salad Allergens: Soy, Allium	
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