

# Vegetarian Menu

**Quinoa & Spring Vegie Salad**  
with fried eggs and feta  
450 cal



**Pepper and Mushroom Tacos**  
with lime rice  
500 cal



**Vegie Black Bean Enchiladas**  
with spices tomato sauce and  
rice - 530 cal



**Creamy Tomato Fettuccine**  
with mushrooms and fresh  
bread crumbs - 600 cal



**Sweet Chili Stir-Fry**  
with carrots and marinated  
mushrooms - 560 cal



**Caribbean Chickpea Curry**  
with roasted cabbage and rice  
500 cal



# Meat Menu



**Seared Chicken over Rice**  
with roasted broccoli and sweet potatoes - 640 cal



**BBQ Pork Burgers on Wheat Roll**  
with zucchini fries and ketchup 700 cal



**Shanghai Kung Pao Chicken**  
with stir fry snow peas and roasted green and red peppers - 600 cal



**Ancho-Honey Chicken Fajitas**  
with roasted vegetables and sliced avacados - 600 cal



**Personal Pesto Chicken Pizza**  
with California mixed vegetables - 680 cal



**Steak Quesadilla**  
with side spinach and carrot salad - 675 cal



# Vegan Menu



**Tofu Ricotta Spinach Lasagna**  
with side kale salad- 640 cal



**Curried Quinoa and Greens**  
with roasted califlower 550 cal



**Carrot Soba Noodles**  
with sugar snap peas- 500 cal



**Sweet Potato and Black Bean Burger**  
with let,tom,onion - 400 cal



**Burrito Bowl**  
with kale, black beans, and avacado - 600 cal



**Butternut Squash Linguine**  
with fried sage - 675 cal



# Gluten-Free Menu



**Orange Garlic Chicken**  
with burst tomatoes - 640 cal



**Shrimp Bowl**  
with scallion vinaigrette and toppings 550 cal



**Roasted Blackened Salmon**  
with snap pea salad 500 cal



**Seared Steak**  
with peas and radishes- 600 cal



**Fajita Chicken Roll Ups**  
with side salad - 600 cal



**Balsamic Chicken**  
with apple, lentil, and spinach salad- 600 cal

