

Menu Week of May 14th

Chicken Salad Grain Bowl (GF) \$10.99

Ready to eat, cold grain bowl with house chicken salad.

680 calories, 30.6 fat, 169 sodium, 59.1 carb, 2.5 sugar, 43.8 protein

Ingredients: chicken, quinoa, lentils, egg olive oil, cucumber, carrots, spinach, pickled onion, redefined food seasonings

Chickpea Salad Grain Bowl (GF)(VG)(V)\$10.99

Ready to eat, cold grain bowl with house chickpea "chikn salad".

659 calories, 31.6 fat, 296 sodium, 75.3 carb, 2.8 sugar, 21.8 protein

Ingredients: chickpeas, quinoa, lentils, pickled onion, vegan mayo, cucumber, carrots, spinach, redefined food seasonings

Coconut Chicken (GF)(DF) \$10.99

Slow Cooked Chicken Breast simmered in a Coconut Sauce

447 calories, 8.3 fat, 45.9 carb, 212 sodium, 37.4 protein

Ingredients: chicken, coconut milk, butternut squash, tomato, cauliflower, kale, sugar, celery, redefined food seasonings

Coconut Tofu (GF)(VG)(V)\$10.99

Slow Cooked Tofu/Coconut Sauce/Butternut Squash/Cauliflower/Kale

331 calories, 8.3 fat, 43.2 carb, 212 sodium, 26.1 protein

Ingredients: tofu, coconut milk, butternut squash, kale, tomato, cauliflower, cane sugar, celery, redefined food seasonings

Buffalo Chicken Stuffed Peppers (GF) \$10.99

House Buffalo Sauce/Ground Chicken/Brown Rice/Cheese

488 calories, 21.4 fat, 276 sodium, 43.8 carb, 54.4 protein

Ingredients: Ground chicken/peppers/house buffalo sauce/brown rice/green beans, cheese, seasonings

Brown Butter Steak Bites (GF)\$12.99

Seared Steak Bites/Brown Butter Sauce/Roasted Potatoes & Cauliflower

548 calories, 22.4 fat, 322 sodium, 37.6 carb, 42.9 protein

Ingredients: steak/potatoes/cauliflower/butter/parsley/redefined food seasonings

Ingredients subject to Change. Please ask if you have allergies.

Menu Week of May 21st

Honey Sriracha Chicken (GF) \$10.99

Marinated Chicken served over brown rice with broccoli

548 calories, 23.9 fat, 373 sodium, 3.3 sugar, 55.4 carb, 53.5 protein

Ingredients: chicken, olive oil, garlic, brown rice, broccoli, house made sriracha aioli, seasonal vegetable, redefined food special seasonings

658 calories, 34.7 fat, 313 sodium, 43.4 carb, 61.8 protein

Honey Sriracha Cauliflower (GF)(VG)(DF)(V) \$10.99

Served over Quinoa with Broccoli

359 calories, 19.4 fat, 193 sodium, 33.7 carb, 18.9 protein

Ingredients: cauliflower, olive oil, garlic, quinoa, house made sriracha aioli, seasonal vegetable, broccoli, redefined food special seasonings

Shredded Chicken Power Bowl (GF) \$10.99

615 calories, 21.3 fat, 183 sodium, 56.1 carb, 49.1 protein

Lentils/Quinoa//Shredded Carrots/sweet potato. Brussel Sprouts/House Aioli

441 calories, 3.6 fat, 112 sodium, 68.1 carb, 22.6 protein

Ingredients: lentils, quinoa, brussel sprouts, sweet potato, redefined food special seasonings, house-made sauce

Vegan Power Bowl(GF)(VG)(DF)(V) \$10.99

Lentils/Quinoa/Soy Pickled Beets/Shredded Carrots/sweet potato. Brussel sprouts/House Aioli

441 calories, 3.6 fat, 112 sodium, 68.1 carb, 22.6 protein

Ingredients: lentils, quinoa, roasted beets, brussel sprouts, sweet potato, redefined food special seasonings, house-made sauce

Lemon Dill Salmon (GF)\$12.99

Ingredients: salmon, potato, basil, garlic, onion, olive oil, dill, seasonal veggie, redefined foods special seasonings

Roasted Turkey (GF) \$10.99

Slow Roasted Turkey served with sweet potato and broccoli

461 calories, 15.1 fat, 141 sodium, 34.9 carb, 42.7 protein

Ingredients: turkey, sweet potatoes, cream, olive oil, garlic, broccoli, redefined food seasonings

Ingredients subject to Change. Please ask if you have allergies.

Menu Week of May 28th

Butter Chicken: (GF)(DF) \$10.99

Creamy Curried Chicken, Brown Rice, Seasonal Vegetable

542 calories, 13.9 fat, 113 sodium, 55.6 carb, 48.1 protein

Ingredients: chicken, brown rice, celery, carrots, onion, sweet potato, cauliflower, redefined food special seasonings, butter, coconut milk

Vegetable Butter Curry (GF)(VG)(V) \$10.99

342 calories, 13.9 fat, 113 sodium, 55.6 carb, 12.4 protein

Ingredients: quinoa, lentils celery, carrots, onion, sweet potato, cauliflower, redefined food special seasonings, butter, coconut milk

Seared Chicken with Chili Lime Sweet Potato (GF) \$10.99

548 calories, 23.9 fat, 373 sodium, 3.3 sugar, 55.4 carb, 53.5 protein

Ingredients: chicken, sweet potato chili crunch, seasonal veggies, redefined food special seasonings, olive oil, gf soy sauce, onion, garlic broccoli

Sesame Orange Chickpea Stir Fry (GF)(VG)(V) \$10.99

586 calories, 12.4 fat, 269 sodium, 117 carb, 20.8 sugar, 26.9 protein

Ingredients: chick pea, brown rice, bok choy, green beans, mushrooms, redefined food special seasonings, olive oil, gf soy sauce, onion, garlic, orange, vegan mayo, ginger, vinegar

Sesame Orange Turkey Meatballs (GF) \$10.99

528 calories, 19.4 fat, 269 sodium, 48.6 carb, 41.1 protein

Ingredients: ground turkey, brown rice, bok choy, green beans, mushrooms, redefined food special seasonings, olive oil, gf soy sauce, onion, garlic, orange, vegan mayo, ginger, vinegar

Citrus Roasted Mojo Pulled Pork (GF) \$10.99

502 calories, 16.9 fat, 432 sodium, 36 carb, 48 protein

Ingredients: pork, brown rice, plantains, garlic, salt, pepper, grapefruit, lemon, lime, organic cane sugar, paprika, onion powder, garlic powder, olive oil, arrowroot, redefined food special seasonings

Ingredients subject to Change. Please ask if you have allergies.

Menu Week of June 4th

Roasted Cauliflower Lasagna (GF)

555 calories, 26.6 fat, 512 sodium, 48.1 carb, 31.5 protein

Ingredients: GF pasta, ricotta, mozzarella, parmesan cheese, cauliflower, olive oil, garlic, tomato, egg, tomato, redefined food special seasonings

Honey-Sriracha Turkey Meatballs (GF)(DF)

544 calories, 10.6 fat, 185 sodium, 37.4 carb, 26 protein

Ingredients: ground turkey, brown rice, seasonal veggies, onion, redefined foods special seasonings, eggs, soybeans, organic cane sugar, GF bread crumb, honey, sriracha, mayo

Carnitas Burrito Bowl (GF)

562 calories, 16.9 fat, 298 sodium, 41 carb, 53 protein

Ingredients: Pork, corn, black beans, brown rice, lime, cilantro, organic cane sugar, cojita cheese, apple cider vinegar, redefined food special seasonings, plantains

Chicken Satay(Peanut Sauce) (GF)(DF) \$10.99

marinated chicken breast/house satay sauce(scallion/peanuts/olive oil/sugar/sesame seeds/salt/soy sauce/coconut milk/

Marinated Chicken w/house peanut sauce, brown rice and broccoli

569 calories, 19.7 fat, 599 sodium, 41.4 carb, 49.4 protein

Ingredients: chicken, broccoli, brown rice, peanut butter, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, scallions, gf soy sauce, redefined food seasonings

Green Coconut Curry (GF) (VG)(V)(DF)

526 calories, 7.9 fat, 377 sodium, 74.2 carbs, 8.9 sugar, 33.6 protein

Ingredients: lentil, redefined food special seasoning, coconut milk, organic cane sugar, brown rice, seasonal vegetable

Beyond Honey Sriracha Meatballs (GF)(VG) (V)

462 calories, 15.7 fat, 511 sodium, 47.8 fiber, 23.5 protein

Ingredients: beyond "meat", brown rice, gf soy sauce, sriracha, honey, water, garlic, onion powder, garlic powder, salt, pepper, corn starch redefined food special seasonings

