

Menu Week of May 21st, 28th and June 4th

Closed Memorial Day May 30th

*Open for Pick up Friday May 27th until 5 pm
Meals available in the Grab and Go by 12 pm*

Menu Week of May 21st

Honey Sriracha Chicken (GF) \$10.99

Marinated Chicken served over brown rice with broccoli

498 calories, 11.7 fat, 350 sodium, 3.3 sugar, 52.5 carb, 41.9 protein

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

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

Served over Quinoa and Lentils 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, broccoli, redefined food special seasonings

Shredded Chicken Power Bowl (GF) \$10.99

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

Lentils/Quinoa//Shredded Carrots/Brussel Sprouts, pickled beets, tomato and cucumber salad and Avo Verde Sauce

Ingredients: lentils, quinoa, brussel sprouts, tomato, cucumber, olive oil, beets, vinegar, redefined food special seasonings, avocado, tomatillo, poblano pepper, onion, garlic

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

Lentils/Quinoa//Shredded Carrots/Brussel Sprouts, pickled beets, tomato and cucumber salad and Avo Verde Sauce

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

504 calories, 16.3 fat, 103 sodium, 46.1 carb, 38.8 protein

Ingredients: salmon, mashed potato, green beans, basil, garlic, onion, olive oil, dill, redefined foods special seasonings

Roasted Turkey Meatballs (GF) \$10.99

Slow Roasted Meatballs served with sweet potato and broccoli

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

Ingredients: ground turkey, mashed potato, green bean, cream, olive oil, garlic, 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, 412 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)

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

Ingredients: Pork, corn, black beans, brown rice, lime, cilantro, organic cane sugar, 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, 411 sodium, 37.8 carb, 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

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