

Menu Weeks of June 18, 25 and July 2

Menu Week of June 18th

Teriyaki Mushrooms GF)(VG)(DF)(V) \$10.99

House Teriyaki/Mushrooms/Onion/Broccoli/Seasoned Quinoa

393 calories, 5.6 fat, 388 sodium, 70.5 carb, 7 sugar, 17.2 protein

Ingredients: mushrooms, quinoa, broccoli, carrots, onion, gluten free soy sauce, cane sugar, olive oil, redefined food seasonings

Teriyaki Chicken Bites (GF)(DF) \$10.99

House Teriyaki/Marinated Chicken/Onion/Broccoli/Brown Rice

464 calories, 8.5 fat, 388 sodium, 34.9 carb, 7.8 sugar, 37.8 protein

Ingredients: chicken breast, brown rice, broccoli, carrots, gluten free soy sauce, cane sugar, olive oil, redefined food seasonings

Steak Fajita Bowl (GF) \$12.99

Tajin Marinated Steak/Brown Rice/Sauteed Peppers and Onions

548 calories, 22.4 fat, 322 sodium, 37.6 carb, 39.9 protein

Ingredients: steak, brown rice, peppers, onions, garlic, olive oil, cilantro, onions, vinegar, cheese, redefined food special seasonings

Tajin Beyond Meat Fajita Bowl (V)(GF) \$11.99

388 calories, 22.4 fat, 348 sodium, 37.6 carb, 39.9 protein

Ingredients: beyond meat, brown rice, peppers, onions, garlic, olive oil, vegan cheese, redefined food special seasonings

Cashew Thai Quinoa Salad (V)(GF) \$10.99

388 calories, 22.4 fat, 318 sodium, 37.6 carb, 21.9 protein

Ingredients: quinoa, cabbage, bell pepper, red onion, carrots, cilantro, green onions, cashew, lime, peanut butter, ginger, gluten free soy sauce, honey, rice vinegar, sesame oil, olive oil

Honey Garlic Chicken (GF)(DF) \$10.99

Roasted Chicken/Broccoli/Roasted potato

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

Ingredients: chicken, potato, garlic, onion, honey, olive oil, broccoli, redefined food seasonings

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

Menu Week of June 25th

Lentil Shepherd's Pie -(GF)(VG)(DF)(V) \$10.99

One of our customer favorites! Dairy Free Mashed Potato over lentils mixed with celery and carrots and topped with a vegan gravy with a seasonal vegetable

502 calories, 9.2 fat, 209 sodium, 75.6 carbs, 24.4 protein

Ingredients: lentils, potato, seasonal veggie olive oil, onions, garlic, celery, flax seed, gf soy sauce, carrot, oat milk, organic cane sugar, nutritional yeast, redefined food co special seasonings

Lasagna Bolognese (GF) \$11.99

Gluten Free noodles stuffed with Ricotta and our House Bolognese Sauce made with fresh from Florida beef and topped with Mozzarella

555 calories, 26.6 fat, 365 sodium, 48.1 carb, 31.5 protein

Ingredients: ground beef, celery, carrots, onion, tomatoes, basil, ricotta, mozzarella, redefined food special seasonings

Vegan Lasagna Bolognese (GF)(VG)(V) \$11.99

Gluten Free noodles stuffed with our house-made Ricotta and our House Bolognese Sauce
579 calories, 23.2 fat, 91.4 carb, 129 sodium, 5 sugar, 26.4 protein

Ingredients: celery, carrots, onion, tomatoes, basil, cannellini beans, cashew, nutritional yeast, vegan mozzarella, redefined food special seasonings

Pesto Chicken (GF)(DF) \$10.99

Roasted Chicken with our House Pesto, Rice and Balsamic Sauteed Cherry Tomatoes

490 calories, 18.8 fat, 211 sodium, 34.3 carb, 7.7 sugar, 43.8 protein

Ingredients: chicken, rice, tomato, balsamic vinegar, basil, olive oil, garlic, basil, cane sugar, redefined food special seasonings

Pesto Veggie Bowl - (GF)(VG)(DF)(V) \$11.99

Impossible Meat with our House Pesto, quinoa and Balsamic Sauteed Cherry Tomatoes

390 calories, 18.8 fat, 318 sodium, 39.4 carb, 2.5 sugar, 23.9 protein

Ingredients: brown rice, lentil, veggies, tomato, balsamic vinegar, basil, olive oil, garlic, cane sugar, redefined food special seasonings

Mojo Roasted Pork (GF) \$10.99

Marinated Shredded Pork served with Seasoned Brown Rice, Plantains and Corn with Cilantro

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

Ingredients: pork, brown rice, corn, plantains, olive oil, tomatillo, onion, redefined food special seasonings

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

Menu Week of July 2nd

Meals will be available in the Grab and Go Fridge

Friday July 1st

Shredded Beef w/Chimichurri Rice(GF) \$11.99

Slow cooked shredded beef/House Chimichurri/Rice/Corn/Black Beans

493 calories, 14.5 fat, 667 sodium, 11.8 sugar, 39.7 protein

Ingredients: shredded beef/brown rice/garlic/parsley/olive oil/roasted cherry tomatoes/corn/queso fresco/cilantro

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, clean eats seasonings

Vegan Chickpea Satay (GF)(VG)(V)(DF) \$11.99

539 calories, 28.1 fat, 351 sodium, 54.6 carb, 24.8 protein

Ingredients: chickpea, broccoli, quinoa, peanut butter, scallions, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, gf soy sauce, clean eats seasonings

Chili - Lime Tofu (GF)(VG)(V)(DF) \$10.99

house chili-lime sauce/marinated tofu/quinoa/green beans

359 calories, 19.4 fat, 393 sodium, 43.7 carb, 20.9 protein

Ingredients: tofu, zucchini, carrots, quinoa, peanut butter, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, gf soy sauce, redefined food seasonings

Chili - Lime Chicken (GF)(VG)(V)(DF) \$10.99

house chili-lime sauce/marinated chicken/brown rice/green beans

259 calories, 19.4 fat, 93 sodium, 13.7 carb, 12.9 protein

Ingredients: tofu, zucchini, carrots, brown rice, peanut butter, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, gf soy sauce, clean eats seasonings