TUES

FULL MENU ACCESS HERE

Nov. 10



Mexican Style Chopped Salad

TO SERVE: Separate the rice from the crunchy veggies and warm them on the stove top if desired. Add the salad to a large serving bowl and toss with our house made Goji Chipotle Dressing inspired by Cafe Gratitude, fresh herbs, cubed avocado, a sprinkle of pepitas + a squeeze of lime.
PAIRS WELL WITH: Organic roasted chicken for an extra boost of protein. Or pairs well with our Protein Trio add-on.



Szechuan Carrot Soup

TO SERVE: : This soup may thicken in fridge - add water to desired consistency - salt, pepper and spice to taste. Heat over medium heat on the stove top. Garnish with curried almonds and coconut.



Puttanesca W/ Lulu Wilson Kale Salad

For a warm dish - reheat the pasta gently in large saucepan, frying pan, or wok, stirring occasionally, until piping hot. Or - we are loving the kale salad and the pasta mixed together, and served at room temperature.
PAIRS WELL WITH: Protein Trio Add-on



Spiced Broccoli Fritters + Root Veggie Fries

TO SERVE: In an oiled saute pan over medium heat - warm the fritters to desired temperature, about 3 minutes on each side, flipping very carefully to avoid breaking. The root fries can be warmed in the same pan until crisp. This dish reheats well in the air fryer if you have one.
PAIRS WELL WITH: Our Bitchin Sauce or Romesco Dip this week.



Sushi Style Buddha Bowl W/ Nori Wraps

TO SERVE: Empty the contents of the jar into a large serving bowl. Top with a our homemade Creamy Wasabi Dressing and a sprinkle of fresh scallion + cilantro. Serve with the Ginger Cabbage Kraut and Nori Wraps on the side.
PAIRS WELL WITH: Add roasted chicken or pair with our Protein Trio add-on

PM PLAN: ALL OF THE ABOVE (2 SERVINGS EACH) FOR LUNCH + DINNER THROUGH YOUR WEEK!



LET'S DO LUNCH: ALL OF THE ABOVE IN SINGLE SERVINGS FOR LUNCH OR DINNER (5 MEALS ONLY)



SIGNATURE: ALL OF THE ABOVE PLUS ALL OF THE BELOW





goodie bags for all



CRUDTIES + DIPS

- Romesco Dip
- Bitchin Sauce



TREAT!

Apple + Salted Caramel Dip

SMOOTHIES: STORE IN FREEZER. to prepare: Add nut or oat milk (we love almond) Let sit 5 minutes, then blend until smooth. in a rush? Empty cup, chop it up and blend on high!

FREEZE THESE!



Chef T's Mango Greens



Cherry Chocolate



Cacao Mint



Blueberry Protein Oats



Almond Butter + Jelly