

# WEEKLY HOTBAR MENU

\$11<sup>99</sup> / lb

Menus are subject to change based on availability  
Always featuring 100% organic produce!

## MONDAY

Kale  
Root Veggies  
Green Beans  
Chimi Tofu  
Lemon Chicken  
Rice and Beans  
Trinity Quinoa  
Candied Delicata  
Smash Potatoes  
Fried Chicken

## TUESDAY

Kale  
Lemon Herb Quinoa  
Ground Tempeh Meat  
Chilaquiles  
Chicken Veggie Enchilada  
Spanish Rice  
Beans  
Chips  
Chicken Fajita

## WEDNESDAY

Kale  
Root Veggies  
Green Beans  
Collards  
BBQ Chicken  
Rice and Beans  
Trinity Quinoa  
Smash Potatoes  
Delicata Squash  
Fried Chicken

## THURSDAY

Kale  
Root Veggies  
Tempeh Steak  
Turkey Meatballs  
Lemon Chicken  
Rice and Beans  
Lemon Quinoa  
Creamed Spinach  
Arancini  
Tendies

## FRIDAY

Kale  
Root Veggies  
Jerk Tofu  
Ital Stew  
Jerk Chicken  
Rice and Beans  
Trinity Quinoa  
Curry Sweet Potatoes  
Caribbean Beef Stew

## SATURDAY

Kale  
Root Veggies  
Tempeh Steak  
Meatloaf  
Pot Roast  
Rice and Beans  
Lemon Quinoa  
Gravy  
Smash Potatoes  
Tendies

## SUNDAY

Kale  
Root Veggies  
Tempeh Steak  
Pork  
Wings  
Rice and Beans  
Lemon Quinoa  
Tots  
Chips  
Tendies

## BREAKFAST

Organic Oatmeal With all the Fixins  
Oven Baked French Toast  
Home Fried Potatoes  
Shakshuka  
Pork Sausage  
Frittata of the Day  
Tofu "Eggs"  
Organic Rice and Beans  
Warm Corn Tortillas

## AVAILABLE DAILY

Kale  
Root Veggies  
Rice & Beans  
Soups Always On -  
Changing Daily