

Our meals are prepared freshly in our kitchen.
You will receive a collection of the following foods every week.

BREAKFAST | 1 PER WEEK

Breakfast offerings will be one of the following per week.

Southwestern Omelette

Vegetable Frittata

French Toast

Blueberry Pancake

LUNCH | 5 PER WEEK

Our lunch offerings are a combination of soups and salads, and are served with rolls.

SOUPS | 3 PER WEEK

Cuban Black Bean

Cannellini Bean
and Barley

Puree of Mushroom

Caramelized Onion

Curried Red Beet

Smokey Three Bean

Split Pea

Coconut Curry

Curried Carrot

Puree of Parsnip

White Bean
and Corn

Pureed Spinach

SALADS | 2 PER WEEK

Basil Macaroni Salad

Green Quinoa Salad

Farro & Beet Salad

Bulgur Wheat
& Lentil Salad

Couscous Salad
with Mint & Sumac

Roasted Chickpea Salad
with Kale

Brown Rice &
Edamame Salad

Black Lentil
Herb Salad

**All of our
meals are**



low-sodium



heart-healthy

We are a shellfish / nut free kitchen. Our meals may
contain wheat, eggs, soy, fish, dairy and sesame.



DINNER ENTREES | 5 PER WEEK

All entrees are heart healthy, low in sodium, and include a protein, grain and vegetable.
Entrees may vary.

Filipino Beef

Southern Meatloaf

Coriander Beef Stew
with Squash

Beef Sliders with
Honey Glaze

Roasted Fish with Garden
Pesto

Pollock Filet with
Tarragon Sauce

Baked Fish with Honey
Mustard Sauce

Northern Italian Baked
Pollock

South East Asian Pollock

Fish Meatballs

Garlic Honey Glazed Fish

Fishcake

Local Vegetable Stew

Beet and Spinach Stew

Seasonal Vegetable
Stir Fry

Vegan Vegetable
Casserole

Coconut Braised Chicken

Roasted Chicken Thigh

Creamy Chicken and
Spinach Stew

Stewed Chicken with Okra

DESSERTS

We serve two freshly baked in house cookies per week, along with mixed fruit cups.
You will also receive a personalized birthday cake every year!



**Sustainability
of our products**

wild-caught fish | grass-fed beef | single-origin spices
antibiotic-free chicken | herbs grown on our rooftop garden

