

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 vary.

Salmon with
Herb Pesto

Ginger Braised Beef

Beef Picadillo

Garbanzos Guisados

Ancho Chicken

Miso Glazed Cod

Pork Cutlet with
Potatoes & Gravy

Roast Pork Loin with
Braised Cabbage

Braised Beef with
Mint & Sumac

Pork Chop
with Apple Sauce

Vegetable Burger with
Mushroom Salsa

Black and White
Bean Stew

Beef Burger with
Housemade Ketchup

Hoisin Glazed
Chicken Legs

South East
Asian Pollock

Caribbean Drumsticks

Sumac Roasted Chicken

Ginger Glazed Pollock

Chickpea Curry

Pork with Mojo Rojo

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

