**PLATE** Open 7 days a week  
**Breakfast** 7:30am-10am, **Lunch** 11am-2pm, **Dinner** 5pm-8pm  
**Sat & Sun Brunch** 10am-2pm

### SUN

<table>
<thead>
<tr>
<th>Brunch</th>
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<tbody>
<tr>
<td><strong>Denver Scramble</strong></td>
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<td><strong>Pepper Scramble (VG)</strong></td>
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<thead>
<tr>
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<tbody>
<tr>
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<tr>
<td><strong>Mediterranean Roasted Vegetables (V)</strong></td>
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### MON

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<tr>
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<tbody>
<tr>
<td><strong>Sausage Potato Scramble</strong></td>
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<td><strong>Tofu Tot Scramble (VG)</strong></td>
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<tbody>
<tr>
<td><strong>Beef Stroganoff</strong></td>
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<td><strong>White Bean Stew (V)</strong></td>
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### TUE

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<thead>
<tr>
<th>Breakfast</th>
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<tr>
<td><strong>Southwest Scramble (V)</strong></td>
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<td><strong>Mushroom Poblano Scramble (VG)</strong></td>
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### Lunch & Dinner

**Build Your Own Latin Bowl**

- **Base Includes**: cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]

  **Options to Add**: beef barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]

  **Toppings**: pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

### Wed

**Breakfast**

- **Pork Verde Scramble**: local cage-free eggs scrambled with pork verde, fajita peppers, onions, salsa verde, and Swiss cheese [calories 460]

- **Green Tofu Scramble (VG)**: plant-based tofu scramble with spinach, pepita pesto, peppers, onions, and plant-based mozzarella cheese [calories 180]

**Lunch**

- **Beef Stroganoff**: beef, mushrooms, and onions in a rich sour cream sauce over herb pasta served with spiced green beans and rosemary cauliflower [calories 780]

- **White Bean Stew (V)**: hearty stew of carrots, red wine, cannellini beans, sun-dried tomatoes, and fresh basil, served with spinach salad and cheddar grits [calories 520]

**Dinner**

- **Salmon Piccata**: roasted salmon topped with a caper-cream sauce and served with dill rainbow carrots and spiced broccolini [calories 650]

- **Ratatouille (VG)**: zucchini, squash, bell pepper, eggplant, and onion simmered in a French-style spiced tomato stew with herb roasted potatoes and spiced broccolini [calories 310]

### Thu

**Breakfast**

- **Blueberry Pancake (V)**: a golden pancake studded with blueberries [calories 260]

**Lunch**

- **Pork Vindaloo**: pork, potatoes, tomatoes, onions, and ginger simmered in a spiced curry with fennel green beans, roasted cauliflower, and your choice of brown or basmati rice [calories 710-730]

- **Chana Aloo Wrap (VG)**: Bengali-style kathi wrap with curried chickpeas and potatoes, avocado, and lemon cabbage in a spinach tortilla served with fennel green beans and roasted cauliflower [calories 800]

**Dinner**

- **Salmon Piccata**: roasted salmon topped with a caper-cream sauce and served with dill rainbow carrots and spiced broccolini [calories 650]

- **Ratatouille (VG)**: zucchini, squash, bell pepper, eggplant, and onion simmered in a French-style spiced tomato stew with herb roasted potatoes and spiced broccolini [calories 310]

### Fri

**Breakfast**

- **Italian Scramble**: local cage-free eggs scrambled with prosciutto, sun-dried tomatoes, fresh herbs, and parmesan cheese [calories 440]
Lunch  Pork Vindaloo – pork, potatoes, tomatoes, onions, and ginger simmered in a spiced curry with fennel green beans, roasted cauliflower, and your choice of brown or basmati rice [calories 710-730]

Chana Aloo (VG) – Bengali-style with curried chickpeas and potatoes, avocado, and lemon cabbage in a spinach tortilla served with fennel green beans and roasted cauliflower [calories 800]

Lunch  Pasta Bar – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]

Mon-Tues  Asian Noodle Chicken Teriyaki – stir-fried chicken tossed in teriyaki sauce, served with ginger-sesame slaw and your choice of brown or jasmine rice [calories 530/560]

Vegetable Yakisoba (VG) – vegetables and yakisoba noodles tossed in a soy-ginger sauce [calories 380]

Wed-Thurs  Pork Yakisoba – vegetables and yakisoba noodles tossed with tender pork in a soy-ginger sauce [calories 830]

Vegetable Yakisoba (VG) – vegetables and yakisoba noodles tossed in a soy-ginger sauce [calories 380]

MARKET DELI  Open 7 days a week
M-F 7:30am-8pm
Sat & Sun 8am-8pm

DELI SANDWICH SPECIAL

Roasted Vegetable Wrap (VG) – sesame hummus, caramelized onions, and roasted vegetables wrapped in a flour tortilla [calories 470]

Ragin’ Cajun – turkey, pepperjack cheese, Frank’s RedHot mayo, and fresh veggies on white bread [calories 650]

DUB STREET  Open 7 days a week,
M-F Lunch 11am-2pm, Dinner 4-8pm
Sat & Sun 4pm-8pm

BURGERS SPECIAL

Crispy Bacon Swiss – crispy chicken, bacon, Swiss cheese, grain mustard mayoli, lettuce, tomato, and onion on a toasted bun [calories 740]
### Noodle Lunch (Mon–Fri 11am-2pm)

**Lunch**  
Pasta Bar – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]

### Select Lunch (Mon–Fri 11am-2pm) and Dinner (Sun–Thu 5pm-8pm)

**Lunch & Dinner**  
**Mediterranean Bowl (VG)** – Greek salad, lemon chickpeas, green beans, tomatoes, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

**Options to Add:** rosemary chicken [calories 310], lemon garlic beef [calories 180], falafel [calories 170]