PLATE  Open Monday through Sunday

Breakfast 7:30-10 a.m.  Lunch 11 a.m.-2 p.m.  Dinner 5-8 p.m.

SUN

**Breakfast**  Sausage Potato Scramble – local cage-free eggs, scrambled with potatoes, sausage, peppers, onions, scallions and cheddar cheese, served with a tropical dragon fruit mix [calories 430]

Plant-Based Spinach & Mushroom Scramble (VG) – plant-based scramble with baby spinach, mushroom and plant-based mozzarella, served with a tropical dragon fruit mix [calories 230]

**Lunch**  Shrimp Etouffee – classic Cajun-inspired stew with peppers, onions, tomatoes and okra and served with roasted cherry tomatoes, cheddar grits and blistered garlic green beans and tomato okra stew [calories 520]

Creole Vegetable Stew (VG) – Cajun-inspired stew of peppers, onions, squash and zucchini served with blistered garlic green bean, steamed spiced broccoli, and brown rice [calories 470]

**Dinner**  Mole Chicken Quarter – red mole roasted chicken quarter served with roasted zucchini, chipotle butternut squash, and arroz blanco [calories 820]

Cheese Enchilada (V) – corn tortillas filled with cheddar cheese, smothered in a red chili enchilada sauce and served with roasted zucchini, chipotle butternut squash and arroz blanco [calories 490]

MON

**Breakfast**  Green Eggs & Ham – local cage-free eggs scrambled with ham, basil pesto and mozzarella cheese, served with a tropical dragon fruit mix [calories 520]

Green Tofu Scramble (VG) – plant-based scramble with spinach, onions, peppers, pepita pesto and plant-based mozzarella, served with a tropical dragon fruit mix [calories 300]

**Lunch**  Seared Salmon With Lemon Dill Sauce – seared salmon topped with a lemon dill sauce and served with herbed cauliflower pilaf, herb roasted rainbow carrots, and spiced broccoli [calories 680]

Ratatouille (VG) – Provence-inspired roasted vegetable medley with zucchini, squash, green bell pepper, red onion and eggplant served with herbed cauliflower pilaf, herb roasted rainbow carrots, and spiced broccoli [calories 350]
**Dinner**

**Shrimp Puttanesca** – Naples-inspired dish of shrimp, kalamata olives, capers, crushed red pepper and pesto sautéed in a marinara sauce and served with herb pasta, roasted asparagus, and oven roasted yellow squash and zucchini [calories 640]

**Eggplant Mushroom Ragout (VG)** – savory vegetable stew of herbs, eggplant, and mushrooms served with herb pasta, roasted asparagus, and oven roasted yellow squash and zucchini [calories 610]

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**TUE**

**Breakfast**

**French Toast Stack (V)** – three slices of custardy griddled Texas toast served with butter, maple syrup and a tropical dragon fruit mix [calories 950]

**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]

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**WED**

**Breakfast**

**Caprese Scramble** – local cage-free eggs scrambled with tomato, mozzarella cheese and fresh basil served with a tropical dragon fruit mix [calories 340]

**Plant-Based Caprese Scramble (VG)** – plant-based eggs scrambled with tomato, fresh basil and plant-based mozzarella served with a tropical dragon fruit mix [calories 290]

**Lunch**

**Seared Salmon With Lemon Dill Sauce** – seared salmon topped with a lemon dill sauce and served with herb roasted cauliflower pilaf, herb roasted rainbow carrots, and spiced broccolini [calories 680]

**Ratatouille (VG)** – Provence-inspired roasted vegetable medley with zucchini, squash, green bell pepper, red onion and eggplant served with herb roasted cauliflower pilaf, herb roasted rainbow carrots, and spiced broccolini [calories 350]

**Dinner**

**Shrimp Puttanesca** – Naples-inspired dish of shrimp, kalamata olives, capers, crushed red pepper and pesto sautéed in a marinara sauce and served with herb pasta, roasted asparagus, and oven roasted yellow squash and zucchini [calories 640]

**Eggplant Mushroom Ragout (VG)** – savory vegetable stew of herbs, eggplant, and mushrooms served with herb pasta, roasted asparagus, and oven roasted yellow squash and zucchini [calories 610]
### THU

#### Breakfast
- **Greek Scramble (V)** – local cage-free eggs scrambled with spinach, sun-dried tomato, kalamata olives and feta cheese served with a tropical dragon fruit mix [calories 380]

#### Lunch
- **Plant-Based Kale & Tomato Scramble (VG)** – plant-based eggs scrambled with tomatoes, kale and plant-based mozzarella served with a tropical dragon fruit mix [calories 230]

#### Dinner
- **Nyoma Choma** – Kenyan-style braised beef served with slow cooked greens, kachumbari and bariis iskukaris spiced rice [calories 570]
- **Superkanja (VG)** – stew of yams, kidney beans, okra and greens served with bariis iskukaris spiced rice, cardamom carrots, and slow cooked greens [calories 440]

### FRI

#### Breakfast
- **Mango Pancake Stack (V)** – short stack of buttermilk pancakes studded with mangos served with butter, maple syrup and a tropical dragon fruit mix [calories 1130]

#### Lunch
- **Nyoma Choma** – Kenyan-style braised beef served with slow cooked greens, kachumbari and bariis iskukaris spiced rice [calories 570]
- **Superkanja (VG)** – stew of yams, kidney beans, okra and greens served with bariis iskukaris spiced rice, cardamom carrots, and slow cooked greens [calories 440]

#### Dinner
- **Beef Tagine** – spicy beef stew of apricots, peas, and harissa served with pearl couscous pilaf, sauteed greens, and blistered green beans with garlic [calories 820]
- **Harissa Vegetable Tagine (VG)** – slightly spicy stew of vegetables and chickpeas served with pearl couscous pilaf, sauteed greens, and blistered green beans with garlic [calories 490]

### SAT

#### Brunch
- **Bacon Breakfast Burrito** – scrambled eggs, bacon, black beans and cheddar cheese in a flour tortilla served with a tropical dragon fruit mix [calories 1120]
- **Tofu & Bean Burrito (VG)** – tofu, black beans, potato, and spices served with a tropical dragon fruit mix [calories 590]

#### Lunch
- **Pork Vindaloo** – Indian-style stew of pork, potatoes, onions, tomatoes, ginger and cinnamon served with gomen spicy collard greens, warmed pita bread, and turmeric roasted cauliflower [calories 890]
**Chana Aloo (VG)** – chickpeas, potatoes and onions slow cooked with tomatoes, jalapenos, turmeric, chili and cumin served with gomen spicy collard greens, warmed pita bread, and turmeric roasted cauliflower [calories 890]

**Dinner**

**Beef Bolognese With Herb Pasta** – classic beef Bolognese sauce over herbed pasta, topped with parmesan and served with roasted fennel green beans, herbed carrots, and a baked bread stick [calories 910]

**Lentil Bolognese With Herbed pasta (VG)** – seasoned lentils simmered with tomatoes, onions and herbs served over our herbed pasta, with roasted fennel green beans, herbed carrots, and a baked bread stick [calories 760]

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**MARKET DELI** Open 7 days a week

**Mon-Fri 7:30 a.m.-8 p.m.**

**Sat & Sun 8 a.m.-8 p.m.**

**DELI SANDWICH SPECIAL**

**Ragin Cajun Sandwich** – turkey, pepperjack cheese, Frank’s Red Hot eggless aioli and fresh vegetables on white bread [calories 650]

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

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**DUB STREET**

**Mon-Fri Lunch 11 a.m.-2 p.m.**

**Dinner 4-8 p.m.**

**Sat & Sun 4-8 p.m.**

**BURGERS SPECIAL**

**Crispy Caesar Burger** – crispy chicken fritter with provolone cheese, caesar dressing, lettuce, tomato, and onion on a telera roll [calories 720]
NOODLE

LUNCH (Mon–Fri 11 a.m.-2 p.m.) DINNER (Mon–Thu 5-8 p.m.)

Lentil Bolognese With Herbed pasta (VG) – seasoned lentils simmered with tomatoes, onions and herbs over our herbed pasta and served with roasted rainbow carrots [calories 520]

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

ASIAN NOODLE

LUNCH (11 a.m.-2 p.m.) DINNER (5-8 p.m.)

Monday the 13th – Tuesday the 14th

Lunch  Teriyaki Chicken – teriyaki marinated chicken thighs oven roasted and served with sesame ginger slaw, stir fried bok choy, and your choice of jasmine or brown rice [calories 470]

Vegetable Yakisoba (VG) – sautéed vegetables and yakisoba noodles tossed in our soy-ginger sauce and served with sesame ginger slaw and stir fried bok choy [calories 510]

Sunday the 12th – Monday the 13th

Dinner  Pork Yakisoba – oven roasted marinated pork, fresh vegetables, and yakisoba noodles tossed in our soy-ginger sauce and served with miso stir fried vegetables and garlic chili gai lan [calories 1050]

Vegetable Yakisoba (VG) – sautéed vegetables and yakisoba noodles tossed in our soy-ginger sauce and served with miso stir fried vegetables and garlic chili gai lan [calories 610]

Wednesday the 15th – Friday the 17th

Lunch  Pork Yakisoba – oven roasted marinated pork, fresh vegetables, and yakisoba noodles tossed in our soy-ginger sauce and served with miso stir fried vegetables and garlic chili gai lan [calories 1050]

Vegetable Yakisoba (VG) – sautéed vegetables and yakisoba noodles tossed in our soy-ginger sauce and served with miso stir fried vegetables and garlic chili gai lan [calories 610]
Tuesday the 14th – Thursday the 16th

Dinner  
**General Tso’s Pork** – golden fried pork nuggets tossed with our General Tso’s sauce and served with carrot and bean sprout banchan, stir fried vegetables and your choice jasmine or brown rice [calories 680]

**Plant-Based General Tso’s Nuggets (VG)** – golden fried plant-based protein nuggets tossed with our General Tso’s sauce and served with carrot and bean sprout banchan, stir fried vegetables and your choice jasmine or brown rice [calories 660]

**SELECT**

**LUNCH** (Mon–Fri 11 a.m.-2 p.m.) **DINNER** (Mon–Thu 5-8 p.m.)

Lunch & Dinner  
**South Indian Coconut Curry (VG)** – South Indian-style potato curry with coconut milk, green bell peppers, carrots, ginger, and garlic served with your choice of white or brown rice [calories 330]

**Options to Add**: roast chicken thigh [calories 280], garam masala pork [270] chickpea curry salad [calories 190]