PLATE  Open Monday through Sunday

**Breakfast**  7:30am – 10am, **Lunch** 11am – 2pm, **Dinner** 5pm – 8pm

**Sat & Sun Brunch** 10am – 2pm

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**Sunday**

**Brunch**

- **Italian Sausage Scramble** – local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto and mozzarella served with a tropical dragon fruit mix [calories 450]

- **Plant-Based Mushroom Poblano Scramble (VG)** – plant-based tofu scrambled with mushrooms, poblano, tomato salsa, and plant-based mozzarella served with a tropical dragon fruit mix [calories 240]

**Dinner**

- **Roasted Southwest Spiced Flank Steak** – roasted flank steak with a Southwest rub and served with herbed cauliflower pilaf, slow cooked greens, and spiced rainbow carrots [calories 380]

- **Rosemary Tomato White Bean (VG)** – rosemary tomato white bean stew served with herbed cauliflower pilaf, slow cooked greens, and spiced rainbow carrots [calories 320]

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**MON**

**Breakfast**

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

- **Tofu scramble with Tomato and Onion (VG)** – plant-based tofu scrambled with tomatoes, green onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 280]

**Lunch**

- **Oven Fried Chicken** – fried chicken served with slow cooked collard greens, herb roasted rainbow carrots, and baked macaroni and cheese [calories 420]

- **Stuffed Poblano Peppers (VG)** – poblano peppers filled with black beans, vegan cheese and tomato-based rice served with slow cooked collard greens and herb roasted rainbow carrots [calories 280]

**Dinner**

- **Roasted Southwest Spiced Flank Steak** – roasted flank steak with a Southwest rub and served with herbed cauliflower pilaf, slow cooked, greens, and spiced rainbow carrots [calories 380]

- **Rosemary Tomato White Bean (VG)** – rosemary tomato white bean stew served with herbed cauliflower pilaf, slow cooked, greens, and spiced rainbow carrots [calories 320]
### TUE

**Breakfast**  
*French Toast (V)* – egg bread dipped in a rich egg batter, griddled golden brown and served with a tropical dragon fruit mix [calories 200]

*Tofu Scramble with Sundried Tomatoes (VG)* – plant-based eggs scrambled with sundried tomatoes and plant-based mozzarella cheese served with a tropical dragon fruit mix [calories 320]

**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**  
*Andouille Pepper Jack Scramble* – local cage-free eggs scrambled with pork andouille sausage, corn, peppers, and pepperjack cheese served with a tropical dragon fruit mix [calories 350]

*Plant-Based Kale and Tomato Scramble (VG)* – plant-based tofu scrambled with kale, tomatoes, and plant-based mozzarella served with a tropical dragon fruit mix [calories 240]

**Lunch**  
*Roasted Memphis Pork Loin* – oven roasted pork loin seasoned with worcestershire and a mix of spices, served with roasted brussels sprouts, herb roasted rainbow carrots, and chipotle yams with plant based-butter [calories 790]

*Stuffed Poblano Peppers (VG)* – poblano peppers filled with black beans, vegan cheese and tomato-based rice served with roasted brussels sprouts, herb roasted rainbow carrots, and chipotle yams with plant based-butter [calories 630]

**Dinner**  
*Chicken Adobo* – Filipino-inspired chicken cooked in a seasoned tamari soy sauce and served with sinangag garlic fried rice, spiced green beans, and roasted cherry tomatoes [calories 410]

*Cauliflower, Potato, and Pea Curry (VG)* – spiced curry with cauliflower, potatoes, and peas served with roasted cherry tomatoes and your choice of white or brown rice [calories 140]

### THU

**Breakfast**  
*Greek Scramble* – local cage-free eggs scrambled with spinach, sundried tomatoes, kalamata olives and feta cheese served with a tropical dragon fruit mix [calories 380]
### Lunch
- **Plant-Based Scramble with Soyrizo (VG)** – plant-based eggs scrambled with soyrizo and plant-based cheese served with a tropical dragon fruit mix [calories 340]
- **Apple Cider Glazed Salmon** – salmon roasted with a brown sugar, honey and apple cider glaze served with steamed quinoa, spiced snap peas, and roasted cauliflower [calories 810]
- **Yam Cakes (V)** – two yam cakes served with steamed quinoa, spiced snap peas, and roasted cauliflower [calories 750]

### Dinner
- **Chicken Adobo** – Filipinio-inspired chicken cooked in a seasoned tamari soy sauce and served with sinangag garlic fried rice, spiced green beans, and roasted cherry tomatoes [calories 410]
- **Cauliflower, Potato, and Pea Curry (VG)** – spiced curry with cauliflower, potatoes, and peas served with roasted cherry tomatoes and your choice of white or brown rice [calories 140]

### Breakfast
- **Chorizo, Pico, and Cheddar Scramble** – local cage-free eggs scrambled with chorizo, pico de gallo, and cheddar cheese served with a tropical dragon fruit mix [calories 420]
- **Plant-Based Caprese Scramble (VG)** – plant-based eggs scrambled with tomatoes, basil, and plant-based mozzarella served with a tropical dragon fruit mix [calories 300]
- **Apple Cider Glazed Salmon** – salmon roasted with a brown sugar, honey and apple cider glaze served with steamed quinoa, spiced snap peas, and roasted cauliflower [calories 810]
- **Yam Cakes (V)** – two yam cakes served with steamed quinoa, spiced snap peas, and roasted cauliflower [calories 750]
- **Pasta Bar** – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]
DUB STREET  Open 7 days a week
Mon-Fri Lunch  11am – 2pm, Dinner  4pm – 8pm
Sat & Sun  4pm – 8pm

BURGERS SPECIAL

Southern Exposure – fried green tomatoes, bacon, smoked provolone, remoulade, lettuce, tomato, and onions on a toasted bun [calories 610]

NOODLE

Lunch (Mon–Fri 11am – 2pm) Dinner (Sun–Thu 5pm – 8pm)

Cheese Ravioli with Butternut Squash – cheese stuffed ravioli tossed with butternut squash, brussels sprouts, peppers, and herbs and served with a petit arugula salad [calories 540]

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

ASIAN NOODLE

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

Lunch & Dinner Vietnamese Spicy Tofu Salad with Peanuts (VG) – spicy tofu over rice noodles with spring mix, green leaf, bean sprouts, fresh herbs and vegan nuoc cham sauce served with a Vietnamese broccolini stir-fry [calories 520]

Vietnamese Pork and Rice Noodle Salad – stir-fry pork over rice noodles with spring mix, green leaf, bean sprouts, fresh herbs and vegan nuoc cham sauce served with a Vietnamese broccolini stir-fry [calories 580]

SELECT

Lunch (Mon–Fri 11am – 2pm) 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]