



THURSDAY, MAY 28

MENU

HOURS: 11:00 AM - 2:00 PM



SCAN HERE TO MOBILE ORDER

Weekly Spotlights

Daily Specials



NYC MKT

*Additional Selections Available

MKT BAR

ECUADOR

- Chaulafan (Rice, Shrimp, Chicken)
- Seco de Pollo (Marinated Chicken)
- Bistec Encebollado (Marinated Steak)
- Mote y Funghi (Mushrooms)

- Quinoa with Roasted Vegetables
- Ejotes (Green Beans, Tomatoes, Jalapeno)
- Crispy Potato, Salsa Criolla
- Yucca Cheese Bites



SIMMER

*Lemon Chicken Orzo Soup Served Daily

- Tuscan White Bean Soup
- Red Pepper Gouda Bisque



SMOKESHOW

Protein

- Buttermilk Fried Chicken
- Grilled Chicken
- Plant Based Chick'n Tenders

Toppings

- Pickled Jalapenos
- Pickled Onions
- Cucumber
- Tomatoes
- Blue Cheese Crumble
- Cheddar Cheese

BUFFALO CHICKEN WRAP



COCINA URBANA

TACO TRUCK

Barbacoa Beef

- Kale Mushroom Carnitas
- Mojo Shrimp

Choice of Sides

- Mexican Rice
- Esquites
- Sofritos Black Bean



CHAR

*Classics Available

Korean Chicken Wings

- Crispy Chicken Wings,
- Gochujang, Sesame Seeds,
- Scallions



STACKERS

*Signature Sandwiches Available

Gourmet PB, Banana, & J Melt

- Peanut Butter, Bananas,
- Strawberry Jam, Sourdough



HEARTH

*Classic Pizzas Available

Fire Roasted Tri Tip

- Santa Maria Rub, Charred Scallions

Raclette Grilled Cheese Sandwich

- Potatoes, Gherkins, Kale,
- Caramelized Onions, Sourdough

Lemon Bread Pudding Brulee



BETTER FOR YOU

Choose your Base:

- Quinoa, Seasonal Greens

Choice of Protein:

- Herb Orange Chicken, Salmon
- Marinated Baked Tofu

Choice of Veggies:

- Diced Cucumbers, Grape Tomatoes,
- Kalamata Olives, Diced Red Onions,
- Marinated Garbanzo Beans, Roasted Broccoli

MEDITERRANEAN GRAIN BOWL



STUDIO MAKI

Millenium Roll

- Shrimp Tempura & Cucumber,
- Spicy Crab & Avocado. Topped
- with Spicy Mayo



HARVEST

*Made to Order Available

Shrimp & Soba Noodle Salad

- Sauteed Shrimp and Wonton
- Chips, Soba Noodles, Carrot
- Miso Dressing



SAVOR & SPICE

*Served with Rice & Naan

SAMOSAS CHAAT

Choice of Base Served with Chana Masala:

- Chicken, Potato , Vegetable

Choice of Sauce:

- Sweet Curd Sauce ,
- Tamarind Chutney , Mint Chutney

Topping:

- Red Onion, Tomatoes, Cabbage,
- Cilantro Leaves, Pomagranate Pearls



PURE UMAMI

FRIED RICE

Vegetable Fried Rice Base:

- Carrot, Diakon, Seaweed Salad, Scallions, Sesame
- Soy Broccoli SLaw, Chili Oil, Spicy Mayo

Choice of Protein:

- Stingin' Honey Chicken, Jackfruit Bulgogi

Toppings:

- Green Onion, Kimchi, Sesame Seeds, Pickled
- Cucumber, Pickled Red Onion, Red Cabbage,
- Cilantro, Pickled Carrot, Corn, Fried Egg



WELL BEING
Under 500 calories, fueled and focused



STRENGTH
Protein makes up 25% or more of the calories



ENERGY
50% ≥ calories from complex carbs, high fiber



VEGETARIAN
Plant and dairy



VEGAN
Plant-based only

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