



TUESDAY, MAY 26

# MENU

HOURS: 11:00 AM - 2:00 PM



SCAN HERE TO MOBILE ORDER

## Weekly Spotlights

## Daily Specials



### NYC MKT

\*Additional Selections Available

MKT BAR

#### SPRING HARVEST

- Spinach Pesto Chicken
- Maple Roasted Salmon Fillet
- Sundried Tomato & Spinach Quiche
- Cheddar Drop Biscuits



### SIMMER

\*Lemon Chicken Orzo Soup Served Daily

- Split Pea with Ham
- Tomato 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

#### 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

FRIED RICE



**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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