



WEEK OF MARCH 30

# MENU



SCAN HERE TO ORDER AHEAD



## Lunch

Monday - Friday

### MKT. MKT BAR

*\*Additional selections available  
Available Monday - Thursday*

Mon

- Chicken Souvlaki
- Roasted Vegetable Medley
- Couscous
- Tzatziki Sauce, Pita Bread

Tue

- Sauteed Salmon
- Dill Roasted Potatoes
- Braised Cabbage

Wed

- Chicken Tikka
- Tandoori Vegetables
- Basmati White Rice

Thur

- Sesame Soy Flank Steak
- Garlic Chili Fried Broccoli
- Basil Fried Rice

### SIMMER

*\*Chicken Noodle Soup Served Daily*

Mon Lentil Soup

Tue Potato Leek Soup

Wed Dal Tadks Soup

Thur Tofu & Vegetable Soup

Fri Chickpea Soup

### CHAR

**Korean Bulgogi Burger**  
Beef Patty, Bulgogi Sauce,  
Kimchi Slaw, Gochujang Glaze

**BLT Burger**  
BLT, Beef Patty, Sesame Roll

### STACKERS

**Cucumber Dill Tea Sandwich**   
Cucumber, Dill, Lemon Zest,  
Cream Cheese, Rye Bread

### OLIVE & STONE

*Available Tuesday-Thursday*

**Build Your Own Pasta Bowl**

**PASTA:** Penne | Linguini | Gluten Free

**SAUCE:** Marinara | Alfredo | Vodka

**PROTEIN:** Italian Sausage | Garlic Shrimp | Rosemary Chicken

**TOPPINGS:** Spinach | Broccoli | Mushrooms | Tomatoes  
Eggplant | Red Onion | Corn | Garlic

**NEW!**  
**We Heard You!**



**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

## Breakfast

Monday - Friday

### MKT. MKT

*\*Additional selections available*

SCHMEAR

- Assorted Local Bagels
- House Whipped Cream Cheeses
  - Plain
  - Low Fat
  - Chive
  - Bacon Cheddar
  - Jalapeno
  - Lox

PARFIAT

- Mango
- Strawberry
- Watermelon
- Grapes
- Pineapple
- Cantaloupe
- Honeydew
- Greek Yogurt
- Vanilla Yogurt
- Cottage Cheese
- Fruit Yogurt

MKT HOT

- Scrambled Eggs
- Fingerling Potato Hash
- Turkey/Pork Sausage
- House Baked Buttermilk Biscuit

### SIMMER

*Steel Cut Oats and Cream of Wheat  
Available Daily*

### CHAR

**Avocado Toast**

Smashed Avocado, Chili Flakes, Sourdough

**Bacon, Egg, Cheese**

Bacon, Fried Egg, American Cheese, Everything Kaiser Roll

*Let's Connect:*

INFORMATION ON EVENTS, SPECIALS & MORE



@KitchenCo\_Social



Our Dining Site

*Hi! I'm new...*

A WHOLISTIC APPROACH TO HEALTHY EATING

**LOOK FOR ME ON THE MENUS:**



[CLICK HERE TO LEARN MORE](#)

**better  
FOR YOU**