

Choose a Base

Bahn Mi **W** **S** **E**

Jasmine Rice & Quinoa Bowl

Pho **W** **S**



Choose a Protein

Citrus Pepper Chicken **S** 7.85

Steak Laab **S** 7.85

Seasoned Tofu **S** 7.55

Add Toppings and Sauces

Cucumber

Charred Corn

Five Spice **S**

Pickled Vegetables

Sweet Chili

Tamarind

Carrots

Green Curry **W** **S** **TN** **P**

Spicy Slaw

Red Curry **W** **S** **TN** **P**



SELECT YOUR BASE:

Bowl

Burrito **W** **S** | 300 cal

3 Hard Taco **W** **S** **VE** | 130 cal

3 Soft Taco **W** **S** **VE** | 180 cal

PICK A PROTEIN:

Marinated Chicken **S** | 120 cal 7.59

Ancho Pork **S** | 180 cal 7.59

Seasoned Beef **S** | 380 cal 7.59

Crispy White Fish
W **S** **E** **F** **V** | 260 cal 7.69

ADD TOPPINGS:

Seasoned Rice | 110 cal

Brown Rice | 120 cal

Black Beans | 45 cal

Lettuce | 9 cal

Tomato | 5 cal

Jalapeños | 5 cal

Cheddar Jack Cheese **M** | 110 cal

ADD YOUR FAVORITES:

Pico de Gallo **VE** | 10 cal

Roasted Corn & Chili Salsa **VE** | 20 cal

Tomato & Chipotle Salsa **VE** | 20 cal

Sour Cream **M** | 110 cal

Chipotle BBQ Ranch
W **S** **M** **E** **V** | 45 cal



SIDES:

One Taco 3.39

Two Tacos 5.49

Salsa | 20 cal 0.75

Chips | 20 cal 1.49

Guacamole | 30 cal 2.19

Chips & Salsa | 310 cal 2.19

1 CHOOSE YOUR BASE

Ensalada Tropical **VE** | 110 cal

Arroz con Gandules | 470 cal

Yucca Stew **VE** | 60 cal

Steamed Rice **VE** | 140 cal

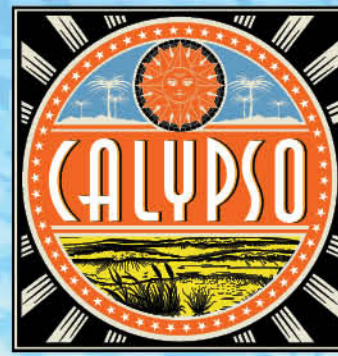
2 PICK YOUR FILLING 7.85

Bacalao Fish Stew **V** **F**
130 cal

Carne Guisada | 290 cal

Chicharrón de pollo **S** **W**
260 cal

Fricase de pollo | 400 cal



3 ADD TOPPINGS

Pickled Red Onions
VE | 50 cal

Pickled Vegetables **VE**
5 cal

4 SAUCE IT

Chimichurri

M **S** **E** | 60 cal

Mojo **VE** | 30 cal

Mayo Ketchup

V **E** **S** | 70 cal

Arroz con Grandules: A combination of rice, pigeon peas and pork, cooked in the same pot with Puerto Rican-style sofrito.

Yucca Stew: A tropical root vegetable based tomato stew.

Carne Guisada: "Stewed meat." A slow simmered dish in gravy.

Fricase de pollo: A traditional chicken dish that is braised in wine with potatoes and carrots.

Bacalao Guisado: A traditional Latin stew made from salted cod in a tomato based broth.

Chicharrón de pollo: Chicken marinated in rum, lemon juice, tabasco, and seasoning.

Chimichurri: An uncooked sauce used for grilled meat; Generally in a green or red version.

Mojo: The name, or abbreviated name, of several types of sauces, varying in spiciness, consisting primarily of olive oil, salt, water, local pepper varieties, garlic, paprika, cumin or coriander.

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FRESH DELICATESSEN



SELECT YOUR BASE:

Naan **W** **S** | 220 cal

Couscous Bowl **W** | 250 cal

Mixed Greens | 40 cal

PICK A MEDITERRANEAN FLAVORED PROTEIN

Beef | 320 cal 7.85

Chicken | 280 cal 7.85

Vegetable **S** | 120 cal 7.55

Falafel **W** **S** | 420 cal 7.55

ADD TOPPINGS:

Romaine | 5 cal

Banana Peppers | 7 cal

Tomato | 4 cal

Onion | 10 cal

Cucumbers | 4 cal

Kalamata Olives | 120 cal

Feta Cheese **M** | 70 cal

ADD A SAUCE:

Tzatziki **M** **S** | 30 cal

Greek Vinaigrette **M** **S** | 110 cal

Roasted Garlic Tahini **S** | 140 cal



Umami Broth Bowls

Honey Ginger Beef 7.85

Lemon Basil Chicken 7.85

Grilled Tofu 7.55

Vegetable 7.55

CHOOSE YOUR BROTH:

Beef | Vegetable

CHOOSE YOUR VEGETABLES:

Spinach | Nappa Cabbage

Hard Boiled Egg | Pea Shoots

Bok Choy | Seaweed | Mushrooms

CHOOSE YOUR SAUCE:

Chili Oil | Sriracha | Tomato Basil Pesto
Garlic Oil

1. SELECT YOUR BASE:

Foccacia with Olive Oil and Tomato **W M S** | 310 cal

Polenta Parmesan **M** | 200 cal

Whole Wheat Penne Pasta **W** | 250 cal

Pasta-Caci **W M S** | 300 cal

2. PICK A PROTEIN:

Marinated Chicken | 150 cal 7.85

Italian Sausage | 290 cal 7.85

Beef Meatballs **W M S E** | 260 cal 7.85

Stuffed Portobello **S** | 270 cal 7.55

Ribolito **W S** | 170 cal 7.55

4. ADD YOUR FAVORITES:

Artichokes | 35 cal

Basil | 1 cal

Mushrooms | 5 cal

Broccoli | 8 cal

Spinach | 6 cal

Canellini Beans | 25 cal

Parmesan **M** | 120 cal

Mozzarella **M** | 45 cal

Chopped Tomato | 5 cal

Red Pepper | 10 cal

3. SAUCES:

Pesto **M S TN** | 50 cal

Alfredo **W M S** | 200 cal

Garlic Marinara | 50 cal

Arriabatta | 72 cal

Breadsticks | 210 cal 1.99

W M S TN

Trattoria

Parmesan Snaps | 210 cal 1.99

W M S