



HEALTHY KITCHEN SPECIALS

Starting 9/16/19 – present

Plant Based Meat Sliders

3 sliders of grilled plant-based meat with lettuce, tomato, grilled onions and a sweet & spicy “Boom Boom” sauce on potato slider rolls served with a side of healthy Pop Chips \$9.50



Vegetarian Sweet Potato Chili w/ “plant based” meat
quinoa, sweet potato, tomatoes, black beans, peppers, paprika, spices fresh cilantro and cast iron sautéed “plant based” meat

cup \$5.50

bowl \$8.50

Asian Bento Box – Sampling of: chicken stir fry (Asian garlic sauce, red peppers, water chestnuts, baked crispy noodles, fresh cilantro & scallions) sides of jasmine rice, chilled edamame salad and basted spinach pot stickers \$11.25

Quinoa Burger – Quinoa, portabella mushrooms, kale and smoked mozzarella burger topped with guacamole, corn black bean relish, lettuce, tomato & a lime cilantro sauce on a toasted bun - \$9.00

Poke Bowl – Your choice of chilled sushi grade tuna OR seared tofu tossed in ‘SoWabi marinade’ (a soy based, rice vinegar wasabi marinade) over Asian rice topped with sesame seeds, seaweed salad, cucumber, shredded carrots, edamame, avocado and scallions - \$10.50