



PERSIAN SPLURGIN

MONDAY 4/14/25

CHICKEN BREAST WITH AVOCADO AND POMEGRANATE SALSA

Chicken marinated with Lemon, Cumin, and Pomegranate molasses

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS, AND VEGETARIANS

WHITE BEANS, KIDNEY BEANS, AND ROASTED FENNEL IN TOMATO SAUCE WITH BASIL

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

HERBED POLOW

Iranian Rice with Saffron, Fenugreek, and mixed herbs like Parsley, Cilantro, Dill, and Marjoram

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

MIXED GREENS SALAD WITH, CHERRY TOMATOES, CUCUMBERS, ROASTED CHICKPEAS AND PICKLED ONIONS

Honey-Cumin Vinaigrette

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

COCONUT BARS

VEGETARIAN

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



¡SABROSA ESPANA!

TUESDAY 4/15/25

CHICKEN AND SAUSAGE PAELLA

Chicken Thigh Meat, Chicken Sausage, Paella Rice, Saffron and Smoked Paprika, Sweet Peppers, and Peas

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

PAELLA WITH MUSHROOMS AND TOFU

Paella Rice, Saffron and Smoked Paprika, Sweet Peppers, Edamame, and Mushrooms

VEGAN, GF, DAIRY FREE, NUT FREE

SPINACH SALAD WITH CREAMY CILANTRO-LIME DRESSING

Yogurt, Roasted Chickpeas, Pepitas, and Golden Raisins

VEGETARIAN, GF, NUT FREE, SOY FREE

GINGER COOKIES

VEGETARIAN, NUTFREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



CHICKEN LICKIN

WEDNESDAY 4/16/25

GRILLED CHICKEN BREAST SANDWICH WITH FRESH MOZZARELLA AND PESTO
Oven-Roasted Tomatoes, Whole Grain Mustard, and Arugula on a Ciabatta Roll
NUT FREE, SOY FREE

FOR THE VEGETARIANS

GRILLED VEGETABLE SANDWICH WITH FRESH MOZZARELLA AND PESTO
Grilled Zucchini and Eggplant, Roasted Tomatoes and Sweet Peppers, Pesto and Dijon on a Ciabatta Roll
VEGETARIAN, NUT FREE, SOY FREE

TANGY BUTTERMILK POTATO SALAD
Yukon Gold Potatoes, Pickles, Green Peppers, Radishes, Buttermilk Dressing
VEGETARIAN, GF, NUT FREE, SOY FREE

CAESAR SALAD
House made Croutons and shaved Parmesan
DAIRY FREE, NUT FREE, SOY FREE

OATMEAL RAISIN COOKIES
VEGETARIAN, NUTFREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



PERSIAN PARADISE

THURSDAY 4/17/25

FESENJOON

PERSIAN CHICKEN STEW WITH POMEGRANATE AND WALNUTS

Chicken Thigh Meat, Onions, Garlic, and Saffron

GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

BUTTERNUT SQUASH AND ONION STEW WITH POMEGRANATE AND WALNUTS

Onions, Garlic, and Saffron

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

HERBED POLOW

Iranian Rice with Saffron, Fenugreek, and mixed herbs like Parsley, Cilantro, Dill, and Marjoram

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

GREEN SALAD WITH TOMATOES AND CUCUMBERS

Fresh Parsley and Dill Vinaigrette

VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

CARDAMON SNICKERDOODLES

VEGETARIAN, NUT FREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



A BIT OF EVERYWHERE

FRIDAY 4/18/25

GRILLED HERB MARINATED BEEF TRI-TIP WITH OLIVE-CAPER TAPENADE
GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

ROASTED HERB-MARINATED TOFU STEAKS WITH OLIVE-CAPER TAPENADE
VEGAN, GF, DAIRY FREE, NUT FREE

SPRING PEA AND ROASTED TOMATO RISOTTO WITH BASIL PUREE AND PARMESAN
Creamy Pea Risotto with lots of fresh Basil and Parmesan Cheese
VEGETARIAN, GF, NUT FREE, SOY FREE

RANCH SALAD WITH BABY SPINACH, TOMATOES, CUCUMBERS, AND OLIVES
Our Ranch Dressing
VEGETARIAN, GF, NUT FREE, SOY FREE

CHOCOLATE DECADENCE COOKIES
VEGETARIAN, NUT FREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650