



DOWN SOUTH

MONDAY 4/7/25

RED BEANS AND RICE WITH TURKEY
Ground Turkey Meat and the Holy Trinity
GF, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS
RED BEANS AND RICE WITH SPICY ROASTED TOFU
Roasted Tofu and the Holy Trinity
VEGAN, GF, DAIRY FREE, NUT FREE

GREEN GODDESS SPINACH SALAD WITH TOMATOES, CARROTS, AND OLIVES
Green Goddess Dressing
VEGETARIAN, GF, NUT FREE, SOY FREE

BANANA AND WHITE CHOCOLATE COOKIES
VEGETARIAN. NUT FREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



KHMER AND GET SOME

TUESDAY 4/8/25

KHMER CHCKEN SAMLA' WITH COCONUT MILK

Cambodian Chicken Stew with Boneless Chicken Thighs, Lemongrass, Garlic, Ginger, Shallots, Chilies, Shrimp Paste, and Lime

GF, DAIRY FREE, NUT FREE

FOR THE VEGANS AND VEGETARIANS

ASIAN NOODLE SALAD WITH SPICY TOFU

Lo Mein Noodles with Carrots, Bamboo Shoots, Cucumbers, Green Onions, Red Peppers

VEGAN, DAIRY FREE, NUT FREE

SCALLION RICE

Onion, Garlic, Ginger, and Sesame

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

ARUGULA SALAD WITH MANDARIN ORANGES, JICAMA, AND OLIVES

Roasted Chili-Citrus Dressing

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

COCONUT BARS

VEGETARIAN, NO NUTS

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GOING COASTAL

WEDNESDAY 4/9/25

SEARED SALMON CAKES WITH FRESH CORN SALSA
DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

ROASTED BUTTERNUT SQUASH, MUSHROOMS, AND TOFU
Fresh Corn Salsa

VEGAN, GF, DAIRY FREE, NUT FREE

YUKON GOLD POTATOES ROASTED WITH HERBS, ONIONS, AND SHALLOT OIL
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

MIXED GREENS WITH SLICED APPLES, RAISINS, AND CANDIED WALNUTS

Honey-Cider Vinaigrette

VEGAN, GF, DAIRY FREE, SOY FREE

FUNFETTI COOKIES

VEGETARIAN, NUT FREE

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JUST LIKE LA CASA

THURSDAY 4/10/25

POLLO ENCHIPOTLADO

Chicken Thighs in a creamy Chipotle Sauce

GF, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

ROASTED CARROTS AND TOFU ENCHIPOTLADO

Creamy Chipotle Sauce

VEGAN, GF, DAIRY FREE, NUT FREE

MEXICAN RICE

Tomato, Onion, and Garlic

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

BLACK BEANS

Onion, Garlic, fresh Epazote

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

PICO DE GAYO SALSA

Fresh Tomato, Red Onion, Jalapeño, Cilantro, and Lime

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

COTIJA CHEESE

VEGETARIAN, GF, NUT FREE, SOY FREE

LIME WEDGES AND PICKLED ONIONS

CORN TORTILLAS

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

MIXED GREENS WITH SUNFLOWER SEEDS, JICAMA, GRAPE TOMATOES, AND FETA CHEESE

Honey-Lime Vinaigrette

VEGETARIAN, GF, NUT FREE, SOY FREE

MEXICAN CHOCOLATE COOKIES

VEGETARIAN, NUT FREE

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WHAT'S SHAKIN'

FRIDAY 4/11/25

SHAKING BEEF AND BROCCOLI

Wok-seared Beef marinated with Soy, Fish sauce, and Mirin

GF, DAIRY FREE, NUT FREE

FOR THE VEGANS AND VEGETARIANS

WOK-SEARED TOFU AND BROCCOLI

Marinated with Tamari, Tamarin, and Mirin

VEGAN, GF, DAIRY FREE, NUT FREE

FRIED RICE WITH GARDEN PEAS AND EGG

Green Onion, Water Chestnuts, Sweet Peppers, and Cabbage

VEGETARIAN, GF, NUT FREE

TAIWANESE-STYLE EGGPLANT AND SWEET PEPPERS

Fresh Basil, Garlic, Oyster Sauce, Fish Sauce

GF, DAIRY FREE, NUT FREE

GREEN SALAD WITH PEARS, JICAMA, AND SPICED WALNUTS

Miso-Ginger Dressing

VEGAN, GF, DAIRY FREE, NUT FREE

LEMON CRINKLE COOKIES

VEGETARIAN, NUT FREE

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