



MONDAY 5/12/25

GRILLED CIDER-BRINED PORK LOIN CHOPS

Walnut-Sage Pesto

GF, SOY FREE

FOR THE VEGANS AND VEGETARIANS

ROASTED SWEET PEPPERS, MUSHROOMS, AND TOFU

Walnut-Sage Pesto

VEGAN, GF, DAIRY FREE, NUT FREE

ROASTED GARLIC POLENTA

Parmesan and fresh Thyme

VEGETARIAN, GF, NUT FREE, SOY FREE

CORN AND GRILLED ZUCCHINI SALAD

Fresh Corn and grilled Zucchini tossed with fresh Basil, sautéed Onions, and Lime

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

MIXED GREENS SALAD

Blue Cheese, Tomatoes, Toasted Almonds, and shaved Red Onions

Smokey Sherry-Almond Vinaigrette

VEGETARIAN, GF, SOY FREE

LEMON CRINKLES

VEGETARIAN, NUT FREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



THAI THIS

TUESDAY 5/13/25

GRILLED THAI CHICKEN WITH PEANUT SAUCE

Boneless Chicken Thighs, Garlic, Ginger, Coriander, Curry Powder, Soy Sauce, Coconut Milk, and Palm Sugar

GF, DAIRY FREE

FOR THE VEGANS AND VEGETARIANS

MARINATED TOFU WITH PEANUT SAUCE

Roasted Tofu with Mushrooms and Peppers marinated with Garlic, Ginger, Coriander, Curry Powder, Soy Sauce, Coconut Milk, and Palm Sugar

VEGAN, GF, DAIRY FREE

COCONUT RICE

Coconut Milk and Cilantro

VEGAN, GF, DAIRY FREE, NUT FREE

THAI BASIL EGGPLANT

Sweet Peppers, Onions, and Garlic

VEGAN, GF, DAIRY FREE, NUT FREE

ASIAN GREEN SALAD WITH SPICY MISO DRESSING

Pears, Almonds, Carrots, and Red Peppers

VEGAN, GF, DAIRY FREE, NUT FREE

BUTTERSCOTCH COOKIES

VEGETARIAN, NUT FREE

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SOUTH OF HERE

WEDNESDAY 5/14/25

BEEF CHILI

Braised Beef Chuck with Tomatoes, Kidney Beans, Chilies, Dark Beer, and Cilantro
Condiments to include Sour Cream and Grated Cheese on the side

GF, NUT FREE, SOY FREE

FOR THE VEGETARIANS AND VEGANS

TEMPEH CHILI

Tempeh combined with Kidney Beans, Chilies, and Cilantro
Served with Sour Cream and Grated Cheese on the side

VEGAN, GF, DAIRY FREE, NUT FREE

CORNBREAD

Our version with lots of Butter, Honey, Jalapeños, and Green Onions

VEGETARIAN, NUT FREE, SOY FREE

MIXED GREENS SALAD

Blue Cheese, Toasted Almonds, Dried Cranberries, and shaved Red Onions
Balsamic Vinaigrette

VEGETARIAN, GF, SOY FREE

OATMEAL COOKIES

VEGETARIAN, NUT FREE

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CLASSIC

THURSDAY 5/15/25

GRILLED GARLIC CHICKEN BREAST

Chicken breast marinated in roasted garlic, Sherry Vinegar, Capers, Fresh Herbs, and white wine

GF, DAIRY FREE, NUT FREE

FOR THE VEGANS AND VEGETARIANS

LEMON-ROSEMARY WHITE BEANS, CHICKPEAS, AND TOFU

Lemon Oil and Caramelized Onions

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

CLASSIC POTATO SALAD

Our version with Mayo, Mustard, Pickles, and Celery

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

GREEN GODDESS MIXED GREEN SALAD WITH TOMATOES, CARROTS, CELERY, AND OLIVES

Green Goddess Dressing

VEGETARIAN, GF, NUT FREE, SOY FREE

SNICKERDOODLES

VEGETARIAN, NO NUTS

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SORRY! CLOSED FOR AN EVENT

FRIDAY 5/16/25

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