



CINCO DE MAYO!

FAJITALITIOUS!

MONDAY 5/5/25

STEAK FAJITAS

Marinated Beef Tri-tip, Red and Yellow Peppers, Onions, Garlic and Seasonings
GF, DAIRY FREE, NUT FREE, SOY FREE

FOR THE VEGANS AND VEGETARIANS

VEGAN FAJITAS

Roasted Marinated Tofu with Red and Yellow Peppers, Onions, Garlic and Seasonings
VEGAN, GF, DAIRY FREE, NUT FREE

BLACK BEANS WITH CHIPOTLE, LIME, AND CILANTRO

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

GREEN SALAD WITH TOMATOES, CUCUMBERS, QUESO FRESCO, AND OLIVES

Honey-Lime Vinaigrette

VEGETARIAN, GF, NUT FREE, SOY FREE

OUR FRESH GUACAMOLE

Green Onions, Garlic, Cilantro, Jalapeño, Tomato, and lime

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

SALSA DE SERRANO Y TOMATILLO

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

LIME WEDGES AND PICKLED ONIONS

CRUMBLLED QUESO FRESCO

Fresh Mexican Cheese

VEGETARIAN, GF, NUT FREE, SOY FREE

FLOUR TORTILLAS

VEGAN, DAIRY FREE, NUT FREE, SOY FREE

MEXICAN CHOCOLATE COOKIES

VEGETARIAN, NUT FREE

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



THE LAND OF THE RISING YUM

TUESDAY 5/6/25

ROASTED MISO-CURED SALMON

Miso, Sake, and Mirin

GF, DAIRY FREE, NUT FREE

FOR THE VEGANS AND VEGETARIANS

MARINATED TOFU WITH BOK CHOY AND 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

CHILLED UDON WITH VEGETABLES AND SESAME SAUCE

Carrots, Cucumbers, Tomatoes, Sweet Peppers, Pickled Onions, and Green Beans

VEGAN, DAIRY FREE, NUT FREE

ASIAN GREEN SALAD WITH SPICY MISO DRESSING

Pears, Almonds, Carrots, and Red Peppers

VEGAN, GF, DAIRY FREE

BUTTERSCOTCH COOKIES

VEGETARIAN, NUT FREE

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PERSIAN PARADISE

WEDNESDAY 5/7/25

FESENJOON

PERSIAN CHICKEN 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

CHOCOLATE CHIP COOKIES

VEGETARIAN, NUT FREE

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CORNY BUT TRUE

THURSDAY 5/8/25

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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CURRY UP AND GET IT!

FRIDAY 5/9/25

PARSEE RED CHICKEN CURRY

Boneless Chicken Thigh meat, Tomatoes, Red Peppers, and Spices

GF, NUT FREE, SOY FREE

FOR THE VEGETARIANS

MIXED VEGETABLE CURRY

Carrots, Sweet Potatoes, Peas, Chickpeas, Butternut Squash, Eggplant, Dried Chiles, Bay, Turmeric, Yogurt, Cumin, and Coriander

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

LEMON RICE

Basmati Rice, Green Chilies, and Mustard Seeds

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

GARLIC NAAN

VEGETARIAN, NUT FREE, SOY FREE

CANTALOUPE, ARUGULA, AND CUCUMBER SALAD WITH PICKLED ONIONS AND PUMPKIN SEEDS

Pomegranate-Cardamom Seed dressing with fresh Cilantro and Mint

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

THUMBPRINT COOKIES

VEGETARIAN, NUT FREE

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