



## SOMEWHERE IN THE SOUTH

MONDAY 4/13/26

### **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**

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: [info@lunch-in.com](mailto:info@lunch-in.com)

Tel: 510 • 434 • 1650



## GIMME' KIMCHI

TUESDAY 4/14/26

### KOREAN GRILLED CHICKEN THIGHS

Boneless Thighs, Gochujang, Ginger, and Garlic

**GF, DAIRY FREE, NUT FREE**

### *FOR THE VEGETARIANS AND VEGANS*

### IMPOSSIBLE GROUND PORK STIRY-FRY WITH UDON NOODLES

Broccoli, Sweet Peppers, Mushrooms, Tamari, Curry, and Chinese Chilies

**VEGAN, DAIRY FREE, NUT FREE**

### KIMCHI MAC AND CHEESE

Mixed Cheeses, Green Onions, Chopped Kimchi

**VEGETARIAN, NUT FREE**

### SPINACH AND CABBAGE SALAD WITH A SWEET SESAME ONION DRESSING

Pears, Pickled Onions, and Cucumbers

**VEGAN, GF, DAIRY FREE, NUT FREE**

### CHOCOLATE CHIP COOKIES

**VEGETARIAN**

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## SPANISH SPRING

WEDNESDAY 4/15/26

### GRILLED SPANISH-STYLE PORK LOIN

Cumin, Smokey Pimenton, and Lemon  
Finished with Chopped Parsley and Lemon Zest

**GF, DAIRY FREE, NUT FREE**

### *FOR THE VEGANS AND VEGETARIANS*

### ROASTED SWEET PEPPERS, MUSHROOMS, AND TOFU

Lemon and Thyme

**VEGAN, GF, DAIRY FREE, NUT FREE**

### GRILLED CORN, TOMATO, AND BARLEY SALAD

Pickled Red Onions, fresh Herbs, and a Roasted-Garlic Dressing

**VEGAN, DAIRY FREE, NUT FREE, SOY FREE**

### BABY ARUGULA SALAD WITH ROASTED TOMATOES, PICKED ONIONS, AND PLUMP RAISINS

Basil-Balsamic Dressing

**VEGAN, GF, DAIRY FREE, NUT FREE**

### CHEF CHOICE

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## CLASSIC

THURSDAY 4/16/26

### 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 AND MIXED GREENS SALAD WITH TOMATOES, CARROTS, CELERY, AND OLIVES

**VEGETARIAN, GF, NUT FREE**

### COCONUT BARS

**VEGETARIAN, NO NUTS**

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## HAWAIIAN TAILGATE-STYLE

FRIDAY 4/17/26

### SHOYU SUGAR STEAK

Marinated, Grilled, and Glazed Top Sirloin

**GF, DAIRY FREE, NUT FREE, SESAME FREE**

### *FOR THE VEGANS, AND VEGETARIANS*

### SHOYU SUGAR GLAZED TOFU STEAKS

Wilted Greens and Roasted Chickpeas

**VEGAN, GF, DAIRY FREE, NUT FREE, SESAME FREE**

### SPAM FRIED RICE

Spam, Pineapple, Peas, Curry, Tamari, Ginger

**VEGETARIAN, GF, DAIRY FREE, NUT FREE, SESAME FREE**

### CHOPPED ROMAINE SALAD WITH THOUSAND ISLAND DRESSING

Chopped Romaine, Carrots, Celery, and Olives

**VEGETARIAN, GF, NUT FREE, SOY FREE, SESAME FREE**

### VANILLA SHORTBREAD COOKIES

**VEGETARIAN**

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