



## LUNCH WITH A PUNCH

MONDAY 5/4/26

**GRILLED HERB MARINATED TRI-TIP WITH CHIMICHURRI**

Garlic, Parsley, Oregano, Chili Flake, Red Wine Vinegar, and Olive Oil  
**GF, DAIRY FREE, NUT FREE**

***FOR THE VEGANS AND VEGETARIANS***

**GARDEN VEGETABLE AND TOFU SAUTE**

Herb Oil, Onions, Sweet Peppers, Zucchini, Tomatoes, and Garlic  
**VEGAN, GF, DAIRY FREE, NUT FREE**

**CHEESE TORTELLINI WITH BASIL PUREE AND PARMESAN**

**VEGETARIAN, NUT FREE**

**CUCUMBER, TOMATO, AND ASPARAGUS SALAD**

Fresh Mint, Sumac, Shaved Red Onion, and Lemon  
**VEGAN, GF, DAIRY FREE, NUT FREE**

**MIXED GREENS WITH GRAPE TOMATOES, SHAVED PARMESAN, AND KALAMATA OLIVES**

Honey-Balsamic Dressing  
**VEGETARIAN, GF, NUT FREE**

**OATMEAL RAISIN COOKIES**

**VEGETARIAN, NUT FREE**



## MAYAN MADNESS

TUESDAY 5/5/26

### YUCATECAN GRILLED CHICKEN

Chicken Thighs, Achiote, Orange Juice, Garlic, and Spices

**GF, DAIRY FREE, NUT FREE**

### *FOR THE VEGANS AND VEGETARIANS*

### GRILLED VEGETABLES EN PIPIAN

Grilled Squash, Asparagus, Carrots, and Peppers tossed with Pipian Sauce

**VEGAN, GF, DAIRY FREE**

### BLACK BEANS

Onion, Garlic, fresh Epazote

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

### CORN TORTILLAS

**VEGAN, DAIRY FREE, NUT FREE**

### GRILLED PINEAPPLE SALSA

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

### QUESO FRESCO

**VEGETARIAN, GF, NUT FREE**

### LIME WEDGES AND PICKLED ONION

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

### OUR FRESH GUACAMOLE

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

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

### SOUTHWEST SALAD WITH MIXED GREENS, AVOCADO, FETA, AND TOMATO

Ancho-Lime Vinaigrette

**VEGETARIAN, GF, NUT FREE**

### CHURRO BARS

**VEGETARIAN, NUT FREE**



## PERSIAN POULET

WEDNESDAY 5/6/26

### FESENJOON

#### PERSIAN CHICKEN STEW WITH POMEGRANATE AND WALNUTS

Chicken Thigh Meat, Onions, Garlic, and Saffron

**GF, DAIRY FREE, NUT 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**

### HERBED POLOW

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

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

### PERSIAN CUCUMBER, TOMATO, AND ONION SALAD

Parsley, Cilantro, Basil, and Mint

**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**

### CARDAMON SNICKERDOODLES

**VEGETARIAN, NUT FREE**



## NONAS BEST

THURSDAY 5/7/26

### MEATBALLS

Beef Meatballs loaded with fresh herbs and Parmesan in our Tomato Sauce

**GF, NUT FREE**

### *FOR THE VEGETARIANS*

### CAULIFLOWER, MOZZARELLA, AND SAGE MEATBALLS

Parsley, Parmesan, and Worcestershire

**VEGETARIAN, NUT FREE**

### SPAGHETTI WITH OUR TOMATO SAUCE

Lots of fresh Basil and Parmesan

**VEGETARIAN, NUT FREE**

### GARLIC BREAD

Our version with lots of Garlic and Butter

**VEGETARIAN, NUT FREE**

### BABY ARUGULA SALAD WITH CUCUMBERS, PICKLED ONIONS, AND KALAMATA OLIVES

Chive and Red Wine Vinaigrette

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

### DOUBLE CHOCOLATE COOKIES

**VEGETARIAN, NUT FREE**



## A CHICKEN IN EVERY TAABA

FRIDAY 5/8/26

### CHICKEN TIKKA MASALA

Boneless Chicken Thigh Meat, Tomato, Yogurt, Spices

**GF, NUT FREE**

### *FOR THE VEGANS AND VEGETARIANS*

### TEMPEH TIKKA MASALA

Marinated and seared Tempeh, Tomato, Coconut Milk, Spices

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

### BASMATI RICE

Ginger, Garlic, Cinnamon, and Bay

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

### GREEN BEANS WITH CARAMELIZED RED ONIONS, CRIMINI MUSHROOMS, AND ROASTED CHICKPEAS

Olive Oil, Garlic, and Lemon

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

### GARLIC NAAN

**VEGAN, DAIRY FREE, NUT FREE**

### CANTALOUPE, ARUGULA, AND CUCUMBER SALAD WITH PUMPKIN SEEDS

Pomegranate-Cardamom Seed dressing with fresh Cilantro and Mint

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

### ALMOND COOKIES

**VEGETARIAN, CONTAINS NUTS**