



Browse our menu below for fresh, quick, and healthy lunch options to fuel you all day long. Open Monday-Friday from 11 AM - 4 PM for dine-in or to go.

Plant-Based Delights

Featuring Impossible™ Plant-Based foods - you won't believe it's not meat! Served all day long.

Impossible™ Burger - \$14.50

Lettuce, tomato, and onion on ciabatta
Served with a side of veggie straws
(Additional toppings available)

Impossible™ V-Balls with Spaghetti Squash- \$14.50

Marinara and vegan parmesan

Impossible™ Taco Bowl - \$14.50

Over basmati rice, tomatoes, onions, assorted peppers; topped with a dollop of guacamole

Deconstructed Impossible™ Shepherd's Pie - \$14.50

Served with peas, carrots, and mashed potatoes

Impossible™ Chili Bowl - \$14.50

Over basmati rice

Impossible™ Loaf - \$14.50

Served with veggies and mashed potatoes

Chef's Special Vegan Plate - \$11.50

Chef Shashank will choose seasonally, locally-grown veggies; served with basmati, kitcheree, farro, or quinoa

Fresh Express - \$12.95

Served from 11 AM - 2:30 PM.

Try a rotating selection of popular Sidewalk Chef Kitchen lunch items, including selections from our 500-Calorie Heat and Eat Meals and High-Protein Meals

YOUR CHOICE OF SOUP OR SALAD, PLUS (1) PROTEIN & (2) SIDES

OR

NO PROTEIN & (3) SIDES:

Vegetarian chili, soup or the day, or salad, plus:
(1) Chef's Protein Selections and
(2) Farm to table veggie pick of the day or
Chef's featured sides

or

Vegetarian chili, soup or the day, or salad, and
(3) Farm to table veggie pick of the day or
Chef's featured sides

**Our Fresh Express menu rotates daily! Please visit us online for specials:
SidewalkChef.com**

Want to get the Fresh Express to go? Give us a call at 954.488.2554 and press 1 to order for pickup.



Salads, Burgers, Sandwiches, & More

Made-to-order meals served all day long.

SALADS

Spinach Salad - \$9.95

Locally-grown organic spinach topped with hard-boiled hormone-free eggs, pickled red onion, seasoned chickpeas, and gorgonzola cheese; served with citrus vinaigrette

Kale & Brussels Sprouts Salad - \$9.95

Organic kale, Brussels sprouts, cran-raisins, and mini red Peruvian peppers; served with mango turmeric vinaigrette

Add grilled chicken, chicken salad, tuna salad, or turkey breast - \$5.50

Wild-caught salmon, shrimp, or cod - \$7.00

Impossible™ Burger or bison burger - \$10.00

SOUPS

Soup O' the Day

Cup - \$4.50

Bowl - \$6.95

Vegetarian Chili

Cup - \$5.00

Bowl - \$7.95

Cup O' Soup & Sandwich
or House Salad - \$11.95

BURGERS

Grass-Fed Bison Burger - \$15.50

Lettuce, tomato, and pickled onion on ciabatta

Add a sunny-side-up egg for \$1.00

(additional toppings available)

Turkey Burger - \$10.75

Lettuce, tomato, and pickled onion on ciabatta

Add a sunny-side-up egg for \$1.00

(additional toppings available)

SANDWICHES

Served on your choice of rye, multigrain, or ciabatta with our signature lime slaw and a housemade pickle spear

Grilled Wild Salmon Sandwich - \$12.75

Lettuce and tomato

Carved Turkey Breast Sandwich - \$10.75

Lettuce and honey mustard

The Best Ever Chicken Salad Sandwich - \$10.75

All-natural chicken mixed with red and green grapes, golden raisins, almonds, and mayo; topped with locally-grown mixed greens
(contains nuts)

Simply Delicious Tuna Salad Sandwich - \$10.75

Solid white albacore mixed with celery and mayo; topped with locally-grown mixed greens

Eggplant Sandwich - \$9.50

Sauteed eggplant dusted with chickpea flour and turmeric; topped with tomato, onions, and colored peppers

Egg Salad Sandwich - \$8.50

Lettuce and tomato

ADD ADDITIONAL TOPPINGS FOR A BUCK APIECE

Grilled Onions	Sunny-Side-Up Egg
Grilled Mushrooms	Housemade Chipotle Ketchup
Shredded Cheese	Housemade Mustard Sauce
Turkey Bacon	Housemade Thai Chili Sauce



Heat and Eat Healthy Meals - \$11.95

Our 500-calorie Heat and Eat Meals are made fresh to order dine-in or to go for easy meal prep. Each meal contains 6 oz. protein. Served all day long.

Turkey Meatballs

In marinara over seasonal mixed veggies and parmesan

Turkey Chili

Over basmati rice

Turkey Meatloaf

Served with coconut milk mashed potatoes and seasonal mixed veggies

Deconstructed Turkey Shepherd's Pie

Ground turkey, peas, and carrots with coconut milk mashed potatoes

Turkey Taco Bowl

Over basmati rice, tomatoes, onions, peppers, and a dollop of guacamole

Grilled Chicken Thighs

With coconut milk mashed potatoes and seasonal mixed veggies

Lemongrass Chicken & Rice Bowl

With Asian veggies

Veggie Plate

Sweet potato, kale, quinoa, and eggplant

Vegetarian Chili

Over basmati rice

Eggplant Planks

Dusted with chickpea flour and turmeric over kitcheree

Grass-Fed Bison Meatloaf

With coconut milk mashed potatoes and seasonal mixed veggies

Grass-Fed Bison Meatballs

In marinara; served with spaghetti squash and parmesan

Grass-Fed Bison Chili

Over basmati rice

Grass-Fed Bison Taco Bowl

Over basmati rice, tomatoes, onions, peppers, and a dollop of guacamole

Wild-Caught Shrimp & Asian Veggie Stir-Fry (+ \$1.00)

With basmati rice

Wild-Caught Grilled Salmon (+ \$1.00)

With seasonal mixed veggies and basmati rice

BBQ Chicken

With coconut milk mashed potatoes and seasonal mixed veggies

Everyday Thanksgiving

Oven-roasted sliced turkey breast with gravy, sweet potato mash, and seasonal mixed veggies



High-Protein Meals - \$11.95

Protein-packed meals designed by Dr. Douglas Kalman, Ph.D., RD, and made fresh to order by Chef Shashank for dine-in or to go. Served all day long.

Pro-Galore Stir Fry (~700 calories)

80g wild shrimp

80g boneless skinless chicken

300g veggies

50g basmati rice

~700 calories; 54% protein; 55% carbohydrates; trace fat

Abs of Steel (~700 calories)

180g boneless skinless chicken

300g mixed veggies

75g basmati rice

~60% protein; ~40% carbohydrates; trace fat

Beefed Up (~500 calories)

180g ground beef

180g garbanzo beans

50g basmati rice

~500 calories; 55% protein; ~43% carbohydrates; <5% fat

TurkEggzelant (~650 calories)

100g sliced whole egg

100g sliced oven-roasted turkey

20g mushrooms

50g basmati rice

15g cheddar cheese (optional)

~650 calories; 65% protein; 25% carbohydrates; ~10% fat

Leaned Out (~450 calories)

180g wild salmon

200g asparagus

100g quinoa/rice

~450 calories; 59% protein; 35% carbohydrates; ~6% fat



Sidewalk Chef Extras

From fresh sides to ice-cold beverages, you can't go wrong with any of these extras! Served all day long.

SIDES

- Basmati rice - \$3.00
- Kitcheree - \$3.00
- Spaghetti squash - \$3.00
- Sweet potato mash - \$3.00
- Quinoa - \$3.00
- Mashed potatoes - \$3.00
- Mashed potatoes with gravy - \$4.00
- Eggplant planks - \$4.00
- Spinach salad (side) - \$4.50
- Kale salad (side) - \$4.50
- Roasted seasonal veggies - \$3.00

DESSERTS

- Assorted mason jar parfaits - \$4.50
Made fresh daily

- Housemade cookies - \$3.00
(2) chocolate chip or (2) sugar cookies

Assorted gluten-free/vegan specialty baked goods - \$3.00 - \$5.00

BEVERAGES

- Bottled water - \$1.75
- Sparkling water (plain or flavored) - \$2.25
- Coconut water - \$3.25
- Assorted sodas - \$1.75
- Bottled tea or hot tea - \$2.75
- Housemade unsweetened tea - \$2.75
- Local craft beer starting at \$3.00/bottle
- Bistro wine (red or white) - \$5.00/glass

Chef Shashank's Golden Milk - \$8.00

Keep your immune system in tip-top shape!

All organic ingredients: turmeric, karela, ginger, apple cider vinegar, aloe, and green chiles