



## INDIVIDUALLY-PACKAGED EXPRESS MEALS

### GROOVIN' BOWLS - \$10.99

#### BAJA SHRIMP (GF)

Cilantro Shrimp, Southwest Quinoa, Avocado-Mango Salsa, Pickled Red Onion, Arugula

#### ISRAELI CHICKEN BOWL

Middle Eastern Chicken, Israeli Couscous, Sliced Cucumber, Pickled Red Onion, Grape Tomatoes, Feta, Arugula

#### AUTUMN BOWL (GF, VEG, WARM)

Roasted Butternut Squash & Fennel, Wild Rice, Shaved Brussels Sprouts, Pumpkin Seeds, Kale, Honey-Lemon Vinaigrette

#### MOJO PORK BOWL (GF, WARM)

Cumin & Lime Marinated Pulled Pork, Quinoa, Rice Blend, Roasted Peppers & Onions, Cilantro, Arugula, Pineapple Vinaigrette

#### STEAK BOWL (GF, WARM)

Chimichurri Grilled Flank Steak, Wild Rice, Shaved Brussels Sprouts, Kale, Sweet Potato Ribbons, Warm Bacon Vinaigrette

### BOXED SANDWICHES - \$10.49

Choice of Assorted Mix, Chicken Salad on Croissant, Ham & Swiss, Turkey & Provolone, Roast Beef & Cheddar, or Grilled Vegetable & Hummus Wrap Comes with chocolate chip cookie and choice of side.

### ENTREES - \$10.99

#### MEATLOAF

Served with Mushroom and Onion Gravy, Garlic Mashed Potatoes, & Southern-Style Green Beans

#### CHICKEN EMPANADA

Served with Spanish Rice, Black Beans, Chipotle Crema

#### PULLED PORK PLATTER

Served with Smoked Gouda Mac & Cheese, Southern-Style Green Beans

#### BELL PEPPER STUFFED WITH WILD RICE (GF)

Served with Seasonal Vegetables, & Asparagus

#### CHAR-GRILLED CHICKEN TOPPED WITH DIJON CREAM SAUCE (GF)

Served with Herb-Roasted Fingerling Potatoes, Asparagus

#### CHICKEN PARMESAN

Served over Spaghetti & Marinara

#### SZECHUAN SALMON (GF)

Served over Wok-Flashed Vegetables and Jasmine Rice

(MINIMUM ORDER OF 5 PER ITEM)