

2022 Corporate Lunch Menu Options

Menu:

Mediterranean (fish or chicken):

- Yogurt Marinated Chicken (gf)
or
- Baked Lemon & Caper Cod Filets (gf)
with
- Falafels (vegan)
 - Greek Salad with olives, marinated artichokes, roasted peppers, chickpeas, *feta on the side
 - Served with Mediterranean quinoa tabouli salad (vegan) (gf) [quinoa, cucumber, parsley, tomatoes, lemon, olive oil] *feta on the side
 - Tzatziki (can be made dairy-free, please specify)
 - Organic Hummus & Naan Bread

French Country:

- Marinated chicken breast in lemon butter herb au jous (gf)
- Marinated portobello mushrooms
 - French green beans
 - Roasted broccoli & cauliflower
 - Kale & baby spinach salad; with dried cherries, carrots, almonds with cherry thyme vinaigrette (*blue cheese on the side) (vegan) (gf)

Ratatouille Stuffed Acorn Squash & Trout with Red pepper:

- Ratatouille stuffed acorn squash (vegan) (gf)
- Pan seared trout with red pepper, lemon & dill (gf)
- Served with:
 - roasted red potato hash (vegan) (gf)
 - roasted seasonal vegetables (vegan) (gf)
 - organic green salad with assorted dressings (*dairy-free & gluten free)

Power Bowls:

- Tofu (vegan) (gf)
- Chicken (or Steak)
 - Sweet potatoes
 - Quinoa
 - Spinach & Kale
 - Roasted Zucchini
 - Chickpeas
 - Hummus (vegan) (gf)
 - Tahini (vegan) (gf)
 - Tzatziki

Steak and Mediterranean Vegetables (+veg option):

- Steak served over Mediterranean vegetables with tahini [roasted zucchini, yellow squash, artichokes, olives and roasted red peppers and spinach] (gf)
- Marinated portobello mushroom over Mediterranean vegetables with tahini [roasted zucchini, yellow squash, artichokes, olives and roasted red peppers and spinach] (vegan) (gf)

Spaghetti Squash & Chicken with Vegetables:

- Marinated chicken breast in fresh herb au jous (gf)
- Spaghetti squash "spaghetti" with mushrooms, aglio e olio & fresh tomatoes (vegan) (gf)
- Sauteed power greens (vegan) (gf)
- Roasted vegetables (vegan) (gf)

Turkey and oven roasted vegetable (+veg option):

- Marinated Portobello Mushroom + Oven roasted vegetables; peppers, cherry tomatoes, potatoes, squash, onion & olive oil (vegan) (gf)
- Marinated Turkey Breast + Oven roasted vegetables; peppers, cherry tomatoes, potatoes, squash, onion & olive oil (vegan) (gf)

Soup & Salad (please ask for our seasonal soup offerings)

- Vegan Corn Chowder [roasted poblanos, sweet corn, coconut milk, potato & spices] (vegan) (gf)
- Chicken Quinoa Soup (gf)
 - Organic Green Salad (vegan dressing option)
 - Corn Bread

Sandwiches + Pasta Salad

- Pastrami Rubeen Sandwich
- Turkey Melt Sandwich
- Roasted Vegetable & Hummus Sandwich (vegan)
 - Classic Macaroni Salad (vegan)
 - Chips

Salmon Burgers & Portobello Mushroom Burgers:

- Salmon Burgers
- Marinated Mushrooms (vegan) (gf)
 - Roasted Root Vegetables (vegan) (gf)
 - Red & green leaf salad with apple cider vinaigrette – with apples and roasted pumpkin seeds, cheddar cheese served on the side

Colorado Pulled Pork & Mushroom Sandwiches

- Colorado Pulled Pork Sandwich
- Portobello Mushroom Sandwich (vegan)
 - Coleslaw (gf) (vegan) or Pasta Salad (vegan)
 - Baked Beans (vegan) (gf)
 - *buns are served on the side

Salmon Salad (+veg option):

- Italian Chop Salad + Salmon [romaine lettuce, spinach, red onion, pepperoncini, olives, feta, toasted chickpeas] – served with focaccia bread
- Vegetarian Italian Chop Salad - [romaine lettuce, spinach, red onion, pepperoncini, olives, feta, toasted chickpeas] – served with focaccia bread (VEGETARIAN)

Chicken or Tofu Salad:

- Marinated Chicken with mesclun mixed greens, seasonal fruit, green onion, carrot curls and goat cheese with white wine vinaigrette (v)
- Marinated Tofu with mesclun mixed greens, seasonal fruit, green onion, carrot curls and goat cheese with white wine vinaigrette (v)

Steak Salad or Wrap (+veg option):

- Garden Wrap with Steak and blue cheese – white wine vinaigrette
- Garden Wrap with Hummus – white wine vinaigrette

Baked Penne Pasta

- Baked Penne Pasta with Marinara (v)
- VEGAN: Penne with Marinara
 - Sweet Italian Sausage Links
 - House Italian Salad
 - Dressing options on the side (vegan option)

Enchiladas:

- Colorado roasted vegetable and sweet potato enchiladas + cheese
 - vegan red sauce
 - *vegan option would be without cheese
 - *option to have chicken enchiladas
- Southwest Caesar Salad with roasted corn, roasted peppers, Cotija cheese, tortilla strips and southwest dressing (vegetarian)

Fajita Bar:

- Steak (gf), Chicken (gf) & Vegan "beef" (vegan) (gf)
 - Peppers & onions
 - Corn & flour tortillas
 - **Served on the side** Oaxaca & Cotija cheese blend, sour cream
- Served with Southwest rice
- Colorado pinto beans
- Calabactias (roasted zucchini, yellow squash, corn & onion) vegan & GF
- Served with Roasted Garlic Salsa, Pico De Gallo, tortilla chips & guacamole

Arroz Con Pollo

- Arroz Con Pollo (Chicken with Rice and beans) + corn tortillas
- Vegan Chorizo, Roasted Vegetables with Rice and Beans + corn tortillas
 - Salsa – on the side

Coconut Chicken & Tofu with Mango

- Coconut Chicken with Mango
- Coconut Tofu with Mango (vegan) (gf)
 - roasted vegetables (vegan) (gf)
 - coconut rice (vegan) (gf)

Jerk Chicken or Tofu:

- Jerk Chicken with Mango & Red Pepper with roasted vegetables and rice
- Jerk Tofu with Mango & Red Pepper with roasted vegetables and rice (vegan)

Ginger Lime Chicken & Crispy Tofu:

- Ginger lime chicken (gf)
- Crispy tofu
 - Stir-fry Asian vegetables (vegan) (gf) *extra vegetables
 - Steamed jasmine rice (vegan) (gf)
 - *or optional organic green salad served with house made vinaigrette (vegan)(gf)

Snack options:

- Fresh Fruit or Fruit Platters
- Sliced Fresh Vegetables [carrots, broccoli, cauliflower, celery, snap peas]
 - Hummus
 - Dairy-Free Ranch
- Assorted Cheese & Charcuterie Board
- Yogurt & Fruit Parfaits
- House Granola & Yogurt
- Assorted Popcorn Flavors (plain, sea salt & pepper, parmesan cheese)
- House Power Bars

Dessert options \$TBD:

- GF brownies
- Chocolate dipped fruit
- GF carrot date bites
- Assorted GF desserts

Daily Drink options:

- Iced tea (sweeteners on the side) – 3 gal containers
- Lemonade – 3 gal containers
- Infused water – ex. Cucumber mint, fruit infused, citrus infused
- Bottled beverages