

# Just Fare

## SAMPLE GRAB & GO MENU

### Monday

#### **ROAST BEEF SANDWICH**

(includes: dairy, egg, gluten)

Black pepper grilled tri-tip with balsamic onions, rosemary aioli, and arugula on ciabatta.

#### **CHICKEN AL DIAVOLO & QUINOA BOWL**

(includes: alcohol)

Spicy southern Italian style grilled chicken over quinoa, garbanzo beans, and long cooked vegetables with a garlic conserva. (High spice level.)

#### **GRILLED CHICKEN & WILD RICE BOWL | gf**

Citrus marinated, grilled chicken breast with delicata squash and wild rice pilaf.

#### **CITRUS TOFU & WILD RICE BOWL | gf, vv**

(includes: soy)

Citrus marinated, grilled tofu with delicata squash and wild rice pilaf.

#### **MUSHROOM AL DIAVOLO & FARRO BOWL | vv**

(includes: alcohol, gluten)

Spicy southern Italian style mushrooms over farro, garbanzo beans, and long cooked vegetables with a garlic conserva. (High spice level.)

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## SAMPLE GRAB & GO MENU

### Tuesday

#### **ROAST BEEF SANDWICH**

(includes: dairy, egg, gluten)

Black pepper grilled tri-tip with balsamic onions, rosemary aioli, and arugula on ciabatta.

#### **LAAB GAI WITH THIN RICE NOODLES** | gf

(includes: fish, soy)

Spicy Thai chicken salad braced by fresh, cooling herbs. (Low spice level.)

#### **POLLO ASADA BOWL** | gf

(includes: dairy)

Asada marinated chicken, heirloom beans, charred vegetables, romaine lettuce, and cotija. With crispy tortilla strips and a chipotle-lime dressing served on the side.

#### **HEIRLOOM BEAN & LIME VEGETABLE BOWL** | gf, v

(includes: dairy)

Heirloom beans, charred vegetables, romaine lettuce, and cotija. Served with crispy tortilla strips and a chipotle-lime dressing on the side.

#### **VEGAN LARB SALAD** | gf, vv

(includes: soy)

Stir fried beyond plant protein with toasted sticky rice, rice noodles, vegetables, and lime.

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## Wednesday

### **ROAST BEEF SANDWICH**

(includes: dairy, egg, gluten)

Black pepper grilled tri-tip with balsamic onions, rosemary aioli, and arugula on ciabatta.

### **CONFIT CHICKEN & WHITE BEAN SALAD**

(includes: alcohol, \*gluten on the side)

Cured and confited chicken over a white bean and chicken sausage ragu, with arugula and marinated tomato. \*Baguette crostini on the side.

### **ROASTED TURKEY SANDWICH**

(includes: dairy, egg, gluten)

Slow roasted turkey breast with roasted garlic aioli, mixed greens, and caramelized onions on sliced sourdough.

### **CUCUMBER, RADISH & FRESH HERB SALAD | gf, v**

(includes: dairy)

Citrus marinated mixed organic cucumbers with watermelon radishes, sweet shallot, arugula, mixed seeds, feta cheese, and fresh herbs.

### **SUNDRIED TOMATO CHIK'N & SLAW WRAP | vv**

(includes: gluten, soy)

Sun dried tomato pesto marinated, grilled chik'n and crisp cabbage slaw in a whole wheat tortilla.

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## Thursday

### **ROAST BEEF SANDWICH**

(includes: dairy, egg, gluten)

Black pepper grilled tri-tip with balsamic onions, rosemary aioli, and arugula on ciabatta.

### **FIVE SPICE SESAME CHICKEN BOWL WITH CHOW MEIN NOODLES**

(includes: egg, gluten, nuts)

Five Spice grilled chicken with chow mein noodles, fresh vegetables, and sesame dressing.

### **BUFFALO CHICKEN WRAP**

(includes: dairy, egg, gluten)

Marinated and grilled chicken breast with crisp cabbage slaw, and ranch dressing wrapped in a whole wheat tortilla. (Medium spice level.)

### **MARINATED YUBA OVER CHOW MEIN NOODLES | v**

(includes: egg, gluten, nuts, soy)

Marinated yuba strips over chow mein noodles, fresh vegetables, and sesame dressing.

### **MEDITERRANEAN PASTA SALAD | gf, vv**

Lentil pasta salad with sun dried tomato, kalamata, Italian sweet red onion, pickled pioppini mushroom, and basil vinaigrette.

# Just Fare

## SAMPLE GRAB & GO MENU

### Friday

#### **ROAST BEEF SANDWICH**

(includes: dairy, egg, gluten)

Black pepper grilled tri-tip with balsamic onions, rosemary aioli, and arugula on ciabatta.

#### **GRILLED CHICKEN CAESAR WRAP WITH BACON**

(includes: dairy, egg, gluten, pork)

Herb marinated and grilled chicken breast with crisp lettuces, parmesan cheese, Caesar dressing, and smokey bacon in a whole wheat tortilla.

#### **MILLET TABBOULEH SALAD WITH GRILLED LEMON CHICKEN | gf**

Herbaceous grains paired with citrus-cured chicken.

#### **KALE CAESAR SALAD | gf, v**

(includes: dairy, egg, gluten)

Softened black kale, Napa cabbage, lemon, black pepper, parmesan, garlic, and croutons.

#### **MILLET TABBOULEH SALAD WITH GRILLED LEMON TOFU | gf, vv**

(includes: soy)

Herbaceous grains paired with citrus-cured tofu.