

MEATLESS MENU OPTIONS

-All items are individually packaged



Chickpea Salad on Whole Grain

BREAKFAST

- Bagged Breakfast \$6.25
- Breakfast Pastries \$4.00
- Fresh Cut Fruit Cups \$3.25
- Yogurt/Berry Parfaits \$3.75
- Overnight Oats \$3.75



Lebanese Style Bowl

COLD LUNCH

- Vegetarian Bag Lunch* \$9.75
- Vegetarian Boxed Lunch* \$12.25
- Choose sandwich/salad*
- *Vegan options available!*
- Vegan Thai Noodles \$8.95
- with Vegetables in a Peanut Sauce*
- Lebanese Style Bowl \$13.95
- Cali. Veggie Style Bowl \$13.95

PESCATARIAN

Tuna Boxed Lunch \$12.25

**Below items \$16.95 w/ 2 sides*

- Coconut Curry Shrimp
- Shrimp Stir-fry
- Shrimp Scampi
- Tilapia or Salmon Options

HOT LUNCH

Tofu International Meal \$13.95

Choose: Flavors of India, Big Easy, Far East, Mediterranean Medley, Classic Caribbean.

**Below items \$14.50 w/ 2 sides*

- Coconut Curry Chickpeas
- Vegan Pasta Primavera
- Quinoa/Vegetable Stuffed Peppers
- Stuffed Shells or Cheese Tortellini
- Tofu with Mushroom Gravy
- Ginger or BBQ Grilled Tofu
- Vegan Vegetable Chili



Quinoa/Vegetable Stuffed Peppers



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