

## M&V BOWLS

### VERDE VEGGIE

Roasted broccoli, charred avocado, kale & black beans, super seed crunch w/ poblano lime sauce over organic romaine  
GF | V

\$10<sup>75</sup>

### THE GOLDMAN

Roasted M&V chicken breast, sweet potatoes, roasted broccoli, savory granola crunch w/ turmeric honey dijon over organic spinach  
GF | DF

\$12<sup>50</sup>

### TOFU CHILI CRUNCH

Sesame tofu, thai noodles, cauliflower, super seed crunch w/ carrot chili sauce over organic romaine  
GF | DF | VEGAN

\$11<sup>25</sup>

## PLATE BOWL



Choose:

2 veg + 1 protein or 3 veg

Same as plate but served over organic greens w/ sauce & crunch

## VEG

### CURRIED QUINOA & LENTILS W/ CASHEWS

Quinoa, lentils, carrots, cashews, cilantro, red wine vinegar, non-GMO canola oil, lime juice, madras curry, honey, sea salt  
GF | DF | V

### ROASTED SWEET POTATOES

Sweet potato, coconut oil, non-GMO canola oil, honey, sea salt  
GF | DF | V

### MISO-MAPLE ACORN SQUASH

Acorn squash, white miso, maple syrup, pomegranate seeds, parsley, non-GMO canola oil, sea salt  
GF | VEGAN

### SHAVED BRUSSELS, FENNEL, DATES & LEMON

Brussels, fennel, dates, lemon juice, olive oil, lemon zest, sea salt  
GF | DF | VEGAN

### THAI CHILI NOODLES

Glass noodles, zucchini, carrots, green onion, yellow squash, cilantro, thai basil, thai chili, rice vinegar, tamari, sesame oil, sea salt  
GF | DF | VEGAN

### KALE & APPLE SALAD

Organic kale, purple cabbage, fuji apple, sunflower seeds, rosemary, ginger, tamari, non-GMO canola oil, honey, sea salt  
GF | DF | V

### CHIPOTLE KALE & BLACK BEANS

Organic kale, black beans, avocado, chipotle, smoked paprika, coriander, cumin, chili powder, garlic, lime, non-GMO canola oil, sea salt  
GF | DF | VEGAN

### CHARRED AVOCADO (+50¢)

Avocado, pumpkin seeds, greek yogurt, lime, parsley, non-GMO canola oil, sea salt  
GF | V

### CHICKPEAS & EGGPLANT W/ FETA VINAIGRETTE

Chickpeas, eggplant, parsley, dill, feta, white wine vinegar, buttermilk, garlic, cumin, lemon, olive oil, sea salt  
GF | V

### SIMPLY ROASTED CAULIFLOWER

Cauliflower, non-GMO canola oil, sea salt  
GF | DF | VEGAN (SERVED WARM)

### SIMPLY ROASTED BROCCOLI

Broccoli, non-GMO canola oil, sea salt  
GF | DF | VEGAN (SERVED WARM)

## PROTEIN

Proteins served over brown rice or vegan mash

### OR THIRD VEG SIDE (NO BASE)

PLATE/BOWL

\$9<sup>50</sup>/\$12<sup>50</sup>

### MEDITERRANEAN BRAISED CHICKEN

Hormone/antibiotic free chicken, chicken stock, onions, lemon, capers, oregano, parsley, chili flakes, garlic, non-GMO canola oil, sea salt  
GF | DF

\$11<sup>25</sup>/\$12<sup>25</sup>

### M&V ROASTED CHICKEN

BREAST  
LEG/THIGH

Hormone/antibiotic free chicken, rosemary, lemon, thyme, olive oil, sea salt  
GF | DF

\$11<sup>75</sup>/\$12<sup>75</sup>

\$9<sup>95</sup>/\$10<sup>95</sup>

### SESAME SCALLION TOFU

Organic tofu, ginger, scallion, black & white sesame seeds, rice vinegar, mirin, sesame oil, non-GMO canola oil, sea salt  
GF | DF | VEGAN

\$10<sup>50</sup>/\$11<sup>50</sup>

### BEEF, QUINOA & VEGGIE CHILI

hormone/antibiotic free beef, green bell pepper, carrot, yellow onion, zucchini, yellow squash, quinoa, tomato, molasses, cocoa powder, cumin, chili powder, coriander, smoked paprika, cayenne, garlic, non-GMO canola oil, sea salt  
GF | DF

PLATE/BOWL

\$11<sup>75</sup>/\$12<sup>75</sup>

### ROASTED SALMON W/HERB SALAD \$13<sup>50</sup>/\$14<sup>50</sup>

Sustainably raised salmon, parsley, lemon, capers, dill, olive oil, black pepper, sea salt  
GF | DF

### BAKED WINGS

GF | DF

MON/TUE: NASHVILLE HOT  
WED/THU: TURMERIC HONEY DIJON  
FRI/SAT: CHIMICHURRI

\$10<sup>50</sup>/\$11<sup>50</sup>