

M&V BOWLS

VERDE VEGGIE

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

\$10⁷⁵

THE GOLDMAN

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

\$12⁵⁰

TOFU CHILI CRUNCH

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

\$11²⁵

PLATE BOWL



Choose:

2 veg + 1 protein **or** 3 veg

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

VEG

QUINOA W/ CORN & SMOKY LIME VINAIGRETTE

Organic golden quinoa, organic corn, red bell pepper, onion, cilantro, lime juice, non-gmo canola oil, chipotle pepper, cumin, coriander, sea salt
GF | VEGAN

SHAVED BRUSSELS, FENNEL, DATES & LEMON

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

TOMATO, CUCUMBER, FETA & MINT

Cherry tomato, persian cucumber, kalamata olives, feta cheese, parsley, mint, scallion, red wine vinegar, olive oil, sea salt
GF

KALE & APPLE SALAD

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

THAI CHILI NOODLES

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

CHARRED AVOCADO (+50¢)

Avocado, pumpkin seeds, greek yogurt, lime, parsley, non-gmo canola oil, sea salt
GF

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 | VEGAN

SIMPLY ROASTED CAULIFLOWER

Cauliflower, non-gmo canola oil, lemon, parsley, sea salt
GF | VEGAN (SERVED WARM)

ROASTED SWEET POTATOES

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

SIMPLY ROASTED BROCCOLI

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

PROTEIN

Proteins served over brown rice or vegan mash

(Russet potatoes, sweet potatoes, non-gmo canola oil, sea salt)

OR THIRD VEG SIDE (NO BASE)

PLATE/BOWL

\$9⁵⁰/\$10⁵⁰

MEDITERRANEAN BRAISED FREEBIRD™ CHICKEN

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

\$11²⁵/\$12²⁵

M&V ROASTED FREEBIRD™ CHICKEN

BREAST
LEG/THIGH

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

\$11⁷⁵/\$12⁷⁵
\$9⁹⁵/\$10⁹⁵

\$10⁵⁰/\$11⁵⁰

SESAME SCALLION TOFU

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

VEGAN CHICKPEA SHAKSHUKA

San Marzano tomatoes, sweet potato, organic kale, red onion, chickpeas, jalapeño, cumin, coriander, chili powder, paprika, garlic, olive oil, sea salt
GF | VEGAN

PLATE/BOWL

\$10⁵⁰/\$11⁵⁰

ROASTED SALMON W/ HERB SALAD \$13⁵⁰/\$14⁵⁰

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

BAKED FREEBIRD™ WINGS

GF | DF

MON/TUE: ASIAN GARLIC-SOY
WED/THU: TURMERIC HONEY DIJON
FRI/SAT: NASHVILLE HOT

\$10⁹⁵/\$11⁹⁵