



## ROUND AND ROUND

MONDAY 2/12/24

### GRILLED BEEF TRI-TIP

Fresh Marjoram and Parsley Salsa Verde

**GF, DAIRY FREE, NUT FREE, SOY FREE**

### *FOR THE VEGANS AND VEGETARIANS*

**FRESH VEGETABLE SAUTE WITH ASPARAGUS, MUSHROOMS, AND TOFU**

Onions, Garlic, Fresh Herbs, and Lemon

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### SPRING PEA AND PARMESAN RISOTTO

Creamy Pea Risotto with lots of fresh Herbs and Parmesan Cheese

**VEGETARIAN, GF, NUT FREE, SOY FREE**

### SAUTEED PEPPERS, ONIONS, AND TOMATOES

Olive Oil, Pimenton, Basil, Garlic, and Sherry Vinegar

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### GREEN GODDESS SPINACH SALAD WITH TOMATOES, CARROTS, AND OLIVES

Green Goddess Dressing

**VEGETARIAN, GF, NUT FREE, SOY FREE**

### FLUFFERNUTTER COOKIES

Peanut butter cookies stuff with marshmallow fluff

**VEGETARIAN, CONTAINS NUTS**

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: [info@lunch-in.com](mailto:info@lunch-in.com)

Tel: 510 • 434 • 1650



## CENTER OF THE UNIVERSE

TUESDAY 2/13/24

### **BALTIMORE PIT BEEF SANDWICHES WITH TIGER SAUCE**

Grilled Beef Bottom Round sliced thinly and served on a bun with Onions and Horseradish Mayo  
**NUT FREE, SOY FREE**

### ***FOR THE VEGETARIANS***

### **OUR VEGGIE BURGERS WITH HORSERADISH SAUCE**

Chickpeas, Edamame, Mushrooms, and Seasonings add up to a delicious Burger  
**VEGETARIAN, DAIRY FREE, NUT FREE**

### **MAPLE GLAZED CARROTS**

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### **CAESAR SALAD**

Romaine Lettuce, Our Caesar Dressing, House made Croutons, and shaved Parmesan  
**NUT FREE, SOY FREE**

### **CHOCOLATE BROWNIES**

**VEGETARIAN**

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## TALKIN XOAXACAN

WEDNESDAY 2/14/24

### POLLO ENCHIPOTLADO

Chicken Thighs in a creamy Chipotle Sauce

**GF, NUT FREE, SOY FREE**

*FOR THE VEGANS AND VEGETARIANS*

### ROASTED CARROTS AND TEMPEH ENCHIPOTLADO

Creamy Chipotle Sauce

**VEGAN, GF, DAIRY FREE, NUT FREE**

### MEXICAN RICE

Tomato, Onion, and Garlic

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### THREE SISTERS SALAD WITH CHIPOTLE

Corn, Black Beans, and Diced Zucchini

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### SALSA ROJA DE MORITA

Morita and Guajillo Chiles, Garlic, and Tomatillos

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### COTIJA CHEESE

**VEGETARIAN, GF, NUT FREE, SOY FREE**

### LIME WEDGES AND PICKLED ONIONS

### CORN TORTILLAS

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### MIXED GREENS WITH SUNFLOWER SEEDS, JICAMA, GRAPE TOMATOES, AND QUESO FRESCO

Honey-Lime Vinaigrette

**VEGETARIAN, GF, NUT FREE, SOY FREE**

### SUGAR COOKIES

**VEGETARIAN, NUT FREE**

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## TRYNA AGAIN

THURSDAY 2/15/24

### CHICKEN WITH BLACK BEAN SAUCE

Boneless Chicken Thigh Meat, Red and Green Peppers, Chinese Black Beans,...

**GF, DAIRY FREE, NUT FREE**

### *FOR THE VEGETARIANS AND VEGANS*

#### GENERAL TSO'S TOFU

Diced Tofu, Red Peppers, Green Onions, Black Vinegar, Shaoxing, Garlic, Ginger, Tamari, and Sesame

**VEGAN, DAIRY FREE, NUT FREE**

#### SESAME NOODLES

Wheat Noodles, Scallions, Sesame, Peanut

**VEGAN, DAIRY FREE**

#### STIR-FRIED EGGPLANT AND ASPARAGUS

Shaoxing Wine, Sesame, and Tamari

**VEGAN, GF, DAIRY FREE, NUT FREE**

#### FRUIT SALAD

Pineapple, Melon, Mixed Berries, Grapes, Mango, Sices, and Mint

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

#### ALMOND COOKIES

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## Q'ED UP

FRIDAY 2/16/24

### GRILLED BBQ PORK LOIN CHOPS

Our Rub, Our BBQ Sauce

**GF, DAIRY FREE, NUT FREE, SOY FREE**

### *FOR THE VEGETARIANS AND VEGANS*

### BBQ TOFU WITH CARROTS, MUSHROOMS, AND ASPARAGUS

Our BBQ Sauce

**VEGAN, GF, DAIRY FREE, NUT FREE**

### GARLIC CHEESE SMASHED POTATOES

Garlic Cream, Cheddar Cheese, Red Potatoes

**VEGETARIAN, GF, NUT FREE, SOY FREE**

### SWEET AND SOUR CUCUMBERS

Cucumbers, Tomatoes, Bell Peppers, Sugar, Vinegar

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

### SPINACH AND APPLE SALAD WITH MAPLE WALNUTS

Maple-Balsamic Vinaigrette, Sliced Apples, and Crumbled Blue Cheese

**VEGETARIAN, GF, SOY FREE**

### CHOCOLATE CHIP COOKIES

**VEGETARIAN, CONTAINS NUTS**

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