

Chef Marc's Kitchen

Stay Healthy

Weekly Menu

3/30-4/3

Salads

Chilled soba salad, baked tofu, cucumbers, raw beets, carrots, watercress, soy-nori dressing. \$15

Blackened Tofu salad, organic spring mix, raw beets, carrots, roasted grapes, cous cous, edamame, lilikoi-mustard dressing \$14

Entrees

Portuguese bean soup with soyrito, chickpeas, cabbage, & whole wheat macaroni. Steamed brown rice \$12

Big Island Beet burger with melted vegan cheddar, fries, lettuce, tomato, grilled onions, pickles, burger sauce. Organic greens & lilikoi dressing \$14

Beefless stew, brown rice, organic greens, lilikoi dressing, vegan Mac salad \$14

Butternut squash red Thai curry, zucchini, peppers, onions, baked tofu, jasmine brown rice. Steamed bok Choy & shiitake mushrooms. \$15

Sweet Option

Jumbo Vegan Cookies: \$1.99 each
Chocolate Chip, Sugar Cookie, or Peanut Butter

Fresh Squeezed Juice

Pineapple, beet, celery, apple, ginger, garlic, turmeric, lemon, lime \$6