



These meal options may not include all foods for the dietary practice listed, and the menus are subject to change at any time without notice. All students with dietary restrictions among the FDA’s top identified allergens are strongly encouraged to utilize the posted menus and recipe tags that are present in each of the three dining centers and MU locations across campus. All published menus in these locations have been screened and labeled with icons for those ingredients. The menus and recipe tags will be the best source of information for dietary management and avoidance of specific ingredients.

Of the menus included in this outline, most are “build-your-own” style, which enables customers to select what goes into their meals. Most others are customizable to be made without specific ingredients.

Arnold Dining Hall

Southside Grill

Lunch and Dinner:

Build Your Own Burger:

Buns:

All Buns

Patties:

Black Bean Burger Patty

Add Ons:

Guacamole

French Fries

Pineapple Rings

Cheeses:

All Cheeses

Toppings:

All Vegetables

Fry Sauce

Spicy Fry Sauce

Make Cents:

Chili Cheese Fries

Grilled Cheese, Fries and

Coleslaw

Vegan Chili and GF

Cornbread

Southside Deli

Build Your Own Sandwich:

Bread:

Toppings:

Spreads:

All Breads

All Vegetables
All Cheeses

All Mayo Options
Basil Pesto
Hummus
Guacamole
Mustard

Protein:

Egg Salad
Hummus

Paninis:

Hummus and Feta Panini
Mushroom Panini

Make Cents:

Tofu Bahn Mi
Cheese Pizza Bagel w/Side
Salad

Grab and Go:

Blueberry Parfait
Chickpea Salad Sandwich
Fruit Cup

Salad Bar:

All Vegetables

Toppings:

Crispy Fried Tofu
All Cheeses
Hard Cooked Eggs

Dressings:

Homestyle Ranch Dressing
Italian Dressing
Balsamic Vinaigrette
Honey Mustard Dressing

Proteins:

Crispy Fried Tofu
Hard Cooked Eggs

Southside Pizzeria

Pizzas:

Cheese Pizza
Vegetarian Pizza

Dinner:

Cheesy Garlic Bread
Cheese Ravioli w/Alfredo
Sauce
Roasted Vegetable Mix
Garlic and Herb Bread
Eggplant Parmesan w/Garlic
Oil

Specials:

Roasted Vegetable Flatbread

Alfredo Penne Pasta
Roasted Broccoli, Carrot and
Red Pepper
Garlic Focaccia
Milanese Risotto
Green Beans Toscana
Vegan Meatball
Cooked Spaghetti
Pomodoro Sauce
Vegan Penne Arrabiatta
Garlic Parmesan Broccoli and
Cauliflower

Global Fare

Brunch **Saturday and Sunday**

Main Dishes:

Vegan Winter Squash and
Kale Lasagna
California Cavatappi
Cheese Ravioli w/Red Pepper
Sauce
Vegan Penne Arrabiatta

Sides:

Roasted Sweet Potato and
Root Vegetables
Garlic Bread

Breakfast **All Weeks**

Main Dishes:

Buttermilk Pancakes

French Toast
Scrambled Eggs
Tofu Scramble w/ Vegetables

Vegan Scramble
Breakfast Burrito w/ Soyrizo
Veggie Breakfast Burrito
Blueberry Pancake

Sides:

Buttermilk Biscuit

Hash Brown Triangles
Breakfast Potatoes
Sweet Potato and Root
Vegetables
O'Brien Potatoes

Grab and Go:

Soyrizo Hash Breakfast
Burrito
Vegan Tofu Breakfast Burrito
Vegan Loco Moco Bowl
Breakfast Bowl w/Veggies

Chocolate Chip Pancake
French Toast Casserole

Lunch/ Dinner:

Dishes rotate through the week

Week 1

Protein:

Vegan Picadillo Stuffed Bell Peppers
Costa Rican Gallo Pinto
Vegan Chorizo Sauté

Chipotle Baked Red Pepper and Black Beans
Black Beans

Sauces/Toppings:

Salsa Roja
Pico de Gallo
Creamy Verde Dressing
Shredded Cheddar Jack Cheese

Vegetables:

Grilled Zucchini and Squash
Roasted Corn and Peppers
Pickled Red Onion w/ Jalapeno

Carbs:

Tortilla Strips
Spanish Rice
Cilantro Lime Rice
White Corn Tortilla

Build Your Own Bar:

Base:

Vegan Chorizo Sauté
White Corn Tortillas
Flour Tortilla

Cilantro Lime Rice

Black Beans

Toppings:

Shredded Lettuce
Pico de Gallo
Pickled Red Onion w/ Jalapeno
Shredded Cheddar Jack Cheese

Sauces:

Salsa Roja

Week 2

Protein:

Vegan Hoppin' John
Smoked Tempeh

Vegetables:

Honey Glazed Carrots
Steamed Buttered Corn

Carbs:

Cheddar Grits
Roasted Red Potatoes w/Rosemary

Sauteed Mushrooms
Green Onions

Vegan Mash Potatoes
Three Cheese Mac and
Cheese

Build Your Own Bar:

Base:

Tomato Cream Mac and Cheese
Buffalo Mac and Cheese
Three Cheese Macaroni and
Cheese
Yemista

Toppings:

Smoked Tempeh
Sauteed Mushrooms
Caramelized Yellow
Onions
Green Onions

Sauces:

Week 3

Protein:

Falafel

Sauces:

Khoresh Fesenjan
Tzatziki Sauce
Garlic Toum

Vegetables:

Yemista
Zucchini, Red Peppers and
Tomatoes
Roasted Delicata Squash
Sauteed Kale
Cherry Tomato
Kalamata Olives
Feta Cheese Crumbles

Carbs:

Greek Roasted Potatoes
Saffron Basmati Rice
Grilled Pita Bread
Quinoa Pilaf
Wild Rice Blend
Roasted Garbanzo Beans

Build Your Own Bar:

Base:

Falafel
Pita Bread
Greek Roasted Potatoes
Wild Rice Blend

Toppings:

All Vegetables
Feta Cheese Crumbles

Sauces:

Tzatziki Sauce
Garlic Toum

Week 4

Protein:

Vegetables:

Carbs:

White Bean Cassoulet
Dal Tadka

Ratatouille
Roasted Radishes
Vegan Goulash

Buttered Peas
Caramelized Red Onion

Spiced Red Cabbage
Roasted Carrots
Carrot Kari
Gujarati Style Green Beans

Wild Mushroom Risotto
Au Gratin Potatoes
Garlic and Herb Roasted
Fingerling Potatoes
Buttered Egg Noodles
Potato and Mushroom
Pierogi
Vegan Mushroom Gravy

Build Your Own Bar:

Base:

Jojo Potato's
Grilled Tofu Steak

Toppings:

Coleslaw

Sauces:

Week 5

Protein:

Dal Tadka
Crispy Fried Seasoned Tofu

Vegetables:

Carrot Kari
Gujarati Style Beans

Carbs:

Curry Potatoes
Steamed Cumin Basmati
Warmed Naan
Kuska Rice
Dried Fruit

Sauces:

Herbed Yogurt Sauce
Mango Chutney

Build Your Own Bar:

Base:

Crispy Fried Seasoned Tofu
Steamed Cumin Basmati
Curry Potatoes

Toppings:

Vegan Citrus Slaw
Pickled Cucumber Salad
Cilantro

Sauces:

Herbed Yogurt Sauce

Week 6

Protein:

Garlic Ginger Tofu

Baked Tofu

Sauces:

Korean BBQ Sauce

Spicy Miso Aioli

Vegetables:

Sesame Broccoli

Mushroom and Zucchini
Stir Fry

Korean Spinach

Sautéed Mushrooms

Asian Pickled Vegetables

Fried Garlic

Green Onions

Carbs:Yakisoba Noodles
w/Veggies

Fried Rice

Kimchi Fried Rice

Steamed Jasmine Rice

Build Your Own Bar: None this Week**Week 7****Protein:**

Brazilian Vegetable Feijoada

Vegetables:Citrus Marinated
Mushrooms
Green Chile and Tomato
Braised Cabbage
Grilled Portabella
Roasted Grape Tomatoes
Poblano Kale
Pickled Red Onion
w/Jalapeno
Lime
Cilantro**Carbs:**

Roasted Peruvian Potatoes

Yucca Fries

Cilantro Lime Rice

Peruvian Quinoa

Roasted Sweet Potatoes

Sauces:

Salsa Criolla

Chimichurri Aioli

Build Your Own Bar:**Base:**

Grilled Portabella

Tortillas

Cilantro Lime Rice

Yucca Fries

Toppings:

All Vegetables

Sauces:

Salsa Criolla

Chimichurri Aioli

Week 8

Protein:

Jerk Spice Tofu

Vegetables:

Caribbean Curry
w/Coconut
Roasted Chayote Squash
Jamaican Eggplant
Charred Okra
Citrus Slaw
Cilantro

Carbs:

Coconut Caribbean Rice
and Peas
Plantains
Coconut Taro Gratin
Red Beans and Rice
Plantain Chips

Sauces:

Grilled Pineapple and Onion Salsa

Build Your Own Bar:

Base:

Jerk Spice Tofu

Toppings:

All Vegetables and Fruit

Sauces:

Tropical Salad Dressing

Week 9

Protein:

Grilled Tofu Steak
Garlic Ginger Tofu

Vegetables:

Roasted Vegetable Mix
Chili Garlic Roasted
Broccoli
Veggie Mix for Curry Bowls
All Topping Vegetables

Carbs:

Pineapple Fried Rice
Miso Glazed Yams
Rice Noodles
Steamed Jasmine Rice

Sauces:

Yellow Coconut Curry Sauce
Red Coconut Curry Sauce

Build Your Own Bar:

Base:

Grilled Tofu Steak
Fried Corn Tortilla
Pineapple Fried Rice

Toppings:

All Vegetable Toppings

Sauces:

Pico de Gallo

Miso Glazed Yams

Week 10

Protein:

Pumpkin Seeds

Chia Seeds

Sauce:

Blackberry and Pepper Coulis

Vegetables:

Butternut Squash

Succotash

Vegan Braised Greens

Roasted Zucchini and

Yellow Squash

Carbs:

Ancient Grains Mix

Wild Rice, Apple and
Cranberries

Cinnamon Roasted Sweet
Potatoes

Amaranth Fritters

Wild Rice Blend

Butternut Squash w/Sage

Baby Lima Beans

Sauteed Hominy

Build Your Own Bar:

Base:

Fry Bread

Wild Rice, Apple and Cranberries

Ancient Grains Mix

Toppings:

Tempeh Taco Meat

Sharp Cheddar Cheese

All Vegetables

Sauces:

Week 11

Protein:

Seitan Tagine

Harisa Honey Tofu

Harissa Chickpeas

Vegetables:

Spicy Okra w/Coconut

Chermoula Roasted

Cauliflower

Sauteed Kale

Caramelized Red Onion

Lime

Chopped Cilantro

Carbs:

Ethiopian Lentils

North African Style

Couscous

Moroccan Roasted

Potatoes

Vegetable Fonio Pilaf

Build Your Own Bar:

Base:

Sourdough Round

Toppings:

Pickled Cucumber Salad

Sauces:

Roasted cauliflower

Coconut Curry

Ethiopian Lentils

Week 12

Protein:

Vegan Chili

Sauces/Toppings:

Pico de Gallo
Sour Cream
Shredded Cheese
Green Onion

Carbs:

Baked Potato

Build Your Own Bar: None this Week

Nori Grill

Lunch:

Bowls:

Fried Tofu Teriyaki Bowl

Build Your Own Bowl:

Noodles:

Ramen Noodles
Rice Noodles
Udon Noodles

Broth:

Shoyu Broth
Miso Broth

Protein:

Tofu
Eggs

Toppings:

All Vegetables
Eggs

Nori

Sushi:

Vegetable Roll
Cucumber Avocado Roll

Make Cents Meals:

Kimchi Fried Rice and Tofu
Crispy Tofu and Yakisoba
Noodles

Other Offerings:

Vegetable Spring Rolls
w/Sweet Chili Sauce
Togarashi Tots

Memorial Union

North Porch Cafe

Lunch:

Asian Tofu Banh Mi
Cucumber and Edamame
Salad

Noodle Salad w/Tofu

Soy Marinated Eggs

Build Your Own Bowl:

Base:

Steamed Jasmine Rice
Brown Rice

Protein:

Marinated and Roasted Tofu

Sauces:

Korean BBQ Sauce
Red Coconut Curry
Yellow Coconut Curry

All Toppings are VEG

Off The Quad

Breakfast:

Berry Acai Bowl

Avocado Toast w/Pico de Gallo
Caprese Avocado Toast
Breakfast Burrito
Jam and Butter Biscuit
Berry Chocolate Chip Overnight Oats
Banana Bread French Toast

Freshly Made Beverages:

Apple Juice

Orange Juice
Boost Juice
Rise Juice
Hibiscus Tea

Lunch:

Rajas Veggie Burrito
Falafel Torta w/Roasted Tomato
Cheese Panini
Tomato Soup
Taco Salad
Chips and Salsa
Oven Roasted Potato Wedges
Power Salad
Cherries and Crema Parfait

Build Your Own Bowl:

Base:

Steamed Jasmine
Rice
Brown Rice

Protein:

Marinated Soy Strips

Dressing:

All Dressings

Toppings:

All Vegetables

Sesame Cucumber
Salad
Mango Cubes

West Dining Hall

Serrano's Grill

Breakfast:

Scrambled Eggs

Vegan Egg Scramble
Tofu Scramble

O'Brien Potatoes
Veggie Breakfast Burrito

Huevos Rancheros
Florentine Scramble
Lentil, Mushroom and Onion Frittata

French Toast

Blueberry Pancake
Chocolate Chip
Pancake

Vegan GF Pancakes
Maple Pancake and
Waffle Syrup
Buttermilk Biscuit

Strawberry Topping

Whipped Topping
Lemon Cream Cheese
Glaze
Butter Chip

Lunch:**Main:**

Mushroom Tofu
Street Taco
Cheese Quesadilla
Make Cents Taco
Salad

Cheese Nachos

Super Quesadilla
Vegetarian
Enchiladas

Sides:

Cilantro Lime Rice

Brown Rice
Lime Crema

All vegetables

Black Beans

Citrus Slaw
All Salsas

Dinner:**Main:****Sides:**

Vegetarian
Enchiladas
Chili Relleno

Cheese and Green
Chili Tamale
Rajas Veggie Burrito

All Salsas
Cilantro Lime Rice

Chicken Flavored Soy
Strips
Sour Cream

Build Your Own Bowl:

Base:

Flour, Wheat, or GF
Tortilla
Spanish Rice
Brown Rice

Protein:

Mushroom Tofu
Blend
Pinto Beans

Dressing and Toppings:

All Salsas
All Cheeses
Lime Crema
Jalapeno
Red Onion
Olives
Lime

Add Ons:

Guacamole
Tater Tots
Elote
Mango
Watermelon

Ring Of Fire

Lunch:

Udon Noodles
Brown Rice
Japanese Vegetable
Curry
Roasted Vegetable
Curry

Steamed Jasmine
Rice
Marinated Soy Strips
Pineapple habanero
Curry
Mandarin Marinated
Tofu

Sauces and Sides:

Hero Roll
Gochujang Aioli
Red Curry Sauce
Fukuijinzuke
Kimchi

Sweet Thai Chili
Mayo
Yellow Curry Sauce
All Vegetables
Sweet Thai Chili
Sauce

Dinner:

Yakisoba Noodles w/
Veggies
Fried Rice
Marinated Soy Strips

Mandarin Marinated
Tofu
Stir Fry Tofu

Sauces and Sides:

Szechuan Sauce
Chili Garlic Roasted
Broccoli
Steamed Jasmine
Rice
Orange Sauce

5 Spiced Carrots
Brown Rice
Yellow Curry Sauce
Kung Pao Sauce

Thai Style Kao Pod Kimchi
Yang Corn
All Vegetables

**Add Ons and
Beverage:**
Vegetable Spring Roll Warmed Naan
Thai Iced tea

Cooper's Creek

Lunch:

Lentil Curry Bowl Southwestern Grain
Bowl
Everest Bowl Make Cents Veggie
Protein Plate
Chickpea Shawarma
Bowl

Beverages:

Lemonade

Dinner:

Lentil Curry Bowl Southwestern Grain
Bowl
Everest Bowl Make Cents Veggie
Protein Plate
Mediterranean Salad
Bowl

Beverages:

Lemonade

Build Your Own Bowl:

Base:

Brown Rice

Protein:

Roasted Chickpea
Shawarma

Dressing:

All Dressings

Toppings:

All Toppings

Quinoa Blend
w/Turmeric
Coconut Fonio

Marinated Lentils

Hummus
Harissa Honey Tofu
BBQ Tofu
Smoked Tofu

Clubhouse Deli

Breakfast:

Florentine Bagel Breakfast Sandwich
Cinnamon Toast Crunch
Raisin Bran Cereal
Everything Bagel
Plain Bagel
Triple Cheese Bagel

Cinnamon Granola
Honey Nut Cheerios
Cinnamon Raisin Bagel
Multigrain Bagel
Blueberry Bagel

Brunch:

Oatmeal
Cottage Cheese

Beet Sugar
Cinnamon Granola
GF Waffle

Vanilla and Strawberry Yogurts
Butter Chip

All Berries
Multigrain Waffle
Chocolate Syrup

Sandwiches and Wraps:

Capri Panino
Mediterranean Panino
Southwest Black Bean Wrap

Three Cheese Panino
Caprese Sandwich
Make Cents Vegan Chili and Half Cheese Sandwich

Soups:

Vegan Chili
Tomato Soup
Corn Chowder
Tortilla Soup
Minestrone Soup
Broccoli Cheddar Soup

Salad:

All Veggies
All Cheeses
Cottage Cheese
Hard Cooked Eggs
Marinated Soy Strips
Marinated Tofu

White Bean and Basil Soup
 Sourdough Round
 Coconut Curry Soup
 Butternut Squash Soup
 Creamy Vegetable Soup
 Hungarian Mushroom Soup
 Potato Corn Soup
 Potato Leek Soup
 Roasted Cauliflower Soup
 Vegetable Barley Soup
 Sourdough Bowl/Round

Garbanzo Beans
 Croutons
 Noodles
 Cranberries
 Seeds
 Blue Cheese Dressing
 Balsamic Dressing
 Ranch Dressing
 Honey Mustard Dressing
 Red Wine Dressing

Grab and Go:

All Fruit
 Apple and Cheese Snack Tray
 Veggie and Dip Tray
 Jiff Peanut Butter Cups

All Apple Chips
 Pretzel and Cheese Snack Tray
 Cream Cheese Spreads
 Jelly Cups

Build Your Own Sandwich:

| Base: | Protein: | Dressing/Spreads: | Toppings: |
|--------------------------|-----------------|---|------------------|
| All Breads and Tortillas | Egg Salad | All Mayo Options | All Veggies |
| | Hummus | Mustards Garlic Aioli Basil Pesto | All Cheeses |

Bay Leaf

Lunch:

| Proteins: | Vegetables: | Carbs: | Sauces and Dips: |
|------------------|--------------------------------|----------------------|-----------------------------------|
| Dal Tadka | Eggplant Curry | Steamed Basmati Rice | Eggplant Coconut Curry |
| | Pickled Red Onion and Jalapeno | Kuska Rice | Spicy Tamarind Red Pepper Chutney |
| | All Topping Veggies/Fruits | Green Rice | Phaal Curry Sauce |
| | Roasted Broccoli | GF Penne Pasta | Cilantro Chutney |
| | Roasted Cauliflower | Pasta | Cucumber and Mint Raita |

Sauteed Green Beans
Roasted Zucchini and
Yellow Squash

Cooked Ravioli
Mac and Cheese

Alfredo Sauce
Pomodoro Sauce

Other Toppings:

Basil and Parsley
Herb Blend
Parmesan Cheese
Nutritional Yeast

Pesto Garlic Cream
Sauce
Pumpkin Seed Korma
Curry

Dinner:

Proteins:

Vegan Meatballs

Minestrone Soup
Hummus and
Roasted Veggie Wrap
Falafel Gyro

Vegetables:

Balsamic Veggie
Kabobs
Greek Salad
All Topping Veggies

Carbs:

Pasta

Cheese Pizza
Pesto Veggie Pizza

Margherita Pizza
Breadsticks
Roasted Tomato and
Artichoke Orzo

Sauces:

Red Pepper Garlic
Cream Sauce
Pomodoro Sauce
Alfredo Sauce

Other Toppings:

Basil and Parsley
Herb Blend
Parmesan Cheese
Nutritional Yeast

Late Nite:

Veggie Pizza

Cookies

Cheese Pizza

Mozzarella Cheese
Sticks

Homestyle Ranch
Dressing

Beverages:

Italian Soda
Italian Soda w/Half &
Half
All Syrups

McNary Dining Hall

East Side Eats

Breakfast and Brunch (**Brunch only**

on Weekends):

Scrambled Eggs

O'Brien Potatoes

Florentine Scramble

Chocolate Chip Pancake

Vegetarian Sausage Patty

GF Pancakes

Tillamook Cheddar Scrambled Eggs

Oatmeal

Potato and Wild Mushroom Hash

Maple Brown Sugar Grits

Chocolate Gravy

Buttermilk Biscuits

French Toast

Hot Marionberry Compote

Hot Apple Sauce

Buckwheat Kasha

Sirniki

Tomato Gravy

Cream of Wheat

Dinner:

Proteins:

Black-Eyed Pea Falafel

Garlic Mashed Potatoes

Vegan Gumbo

Mac and Cheese w/Broccoli

Butternut Squash Succotash

Zucchini Boats

Baked Ratatouille

Czech Dumpling

Bulgogi Mushroom Tacos

Hungarian Bean Goulash

Mushroom Stroganoff

Vegetables:

Spiced Red Cabbage

Grilled Zucchini and Squash

Honey Chipotle Brussels Sprouts

Paprika Cauliflower

Lemon Garlic Roasted Cauliflower

Sauteed Rainbow Chard

Mashed Red Potatoes

Mushroom Julienne

Charred Okra

Sauteed Hominy

Steamed Buttered Corn

Garlic Sesame Green Beans

Sesame Soy Radish and Apple

Roasted Delicata Squash

Turmeric Ginger Cauliflower

Orange Glazed Root Vegetables

Carbs:

Paprika Red Potatoes

Buttermilk Biscuit
Cornbread
Texas Ranch Beans
Steamed Jasmine Rice
Jojo Potatoes
Miso Kale Beans
Rosemary Focaccia
Honey Wheat Roll
Pretzel Twist
Sour Cream and Chive Mashed Potatoes
Garlic Parmesan Broccoli and
Cauliflower
Lemon Rice
Mashed Red Potatoes
Apple Mash

Buttered Peas

Stir Fry:

Main:

All Vegetables
All Sauces
Fried Rice
Brown Rice
Steamed Jasmine Rice
Yakisoba Noodles w/Veggies

Sides:

Thai Vegetable Spring Roll
Chicken Flavored Soy Strips

Build Your Own Bowl:

Base:

Baked Potato
Baked Sweet Potato

Toppings:

Crema Mexicana
Shredded Cheddar
Green Onion
Pico de Gallo
Sliced Pickled Jalapeno

Build Your Own Salad:

Base:

Protein:

Dressing:

Toppings:

All Vegetables

Hard Cooked
Eggs

Thousand Island

All Cheese

Homestyle Ranch
Balsamic Vinaigrette
Blue Cheese Dressing
Creamy Italian

Fruit Salad

Build Your Own Yogurt Bowl:

Base:

Low Fat Vanilla
Yogurt
Plain Greek Yogurt

Honey Greek
Yogurt
Cottage Cheese

Toppings:

All Fruits
Cinnamon Granola
Sugar

All Seeds
GF Oats
Chocolate Chips

Rotating Soups:

Vegan Sweet Potato Soup
Carrot Parsnip Soup
Hungarian Mushroom Soup

Tomato Soup
Smokey Potato Garbanzo Stew

Make Cents Meals:

Masa Cakes w/ Zucchini Carpaccio

Stir Fry w/Soy Strips

Calabaloo's

Build Your Own Burger:

Bun:

Potato Bun
GF Bun
Wheat Bun

Protein:

Black Bean Burger
Patty

Toppings:

All Cheeses
All Vegetables

Ad Ons:

French Fries
Truffle Fries
Cajun Fries
Guacamole

541

Grain Bowls:

Mary's Peak Grain Bowl

Fitton Green Bowl

Southwest Bowl

BYO Bowls:

Base

Quinoa

Toppings

All Vegetables

Parmesan Cheese

All Beans

Green Lentil Tabbouleh

Dressings

Buttermilk Dressing

Creamy Verde Dressing

Lemon Curry Dressing

Vegan Caesar Dressing

Tzatziki

Add Ons:

Vegan Italian Sausage Crumbles

Avocado

Baked Tofu

BBQ Tempeh

Sandwiches:

Vegan BLT Sandwich

Tempeh Banh mi

Caprese Sandwich

Salads:

Small House Salad

BYO Pizza:

Crust

Pizza Dough

GF Dough

Sauce

Garlic Cream Sauce

Pomodoro Sauce

Toppings

Crushed Red Pepper

Parmesan

Parsley

Basil

All Cheeses

All Vegetables

Vegan Italian Sausage

Crumbles

Pizza:

Cheese Pizza

Tropical BBQ Tempeh Pizza

Oregon Potato Pizza

Margherita Pizza

Pasta:

House Made Pasta

GF Pasta

Make Cents Pasta and Legumes

Toppings

Roasted Vegetables

Vegan Italian Sausage Crumbles

Sauces

Pomodoro Sauce

Garlic Cream Sauce

Vegan Bolognese

Entrees:

Smoked Tempeh
BBQ Tempeh
Pasta

Tomato and Cucumber Salad
Fingerling Potatoes
Garlic Cream Sauce

Cauliflower Mash
Arugula Side Salad
Caramelized Yellow Onions

Crepes:

GF Crepe

Fillings:

Cheesecake
Chocolate and Hazelnut
Apple Pie

Toppings:

Berries
Whipped Cream

La Calle

Breakfast:

BYO Bar

Toppings

All Vegetables
All Cheeses
Lime Crema

Tortillas

All Tortillas

Proteins

Scrambled Eggs
Vegan Chorizo Sauté

Sides

Steamed Jasmine Rice
Pinto Beans
Black Beans
Scrambled Eggs
Tofu Scramble

Add Ons

Guacamole
All Salsas

Late Nite:

BYO Bar

Toppings

All Vegetables
All Cheeses
Lime Crema

Tortillas

All Tortillas
Tortilla Chips
Telera Roll

Proteins

Jackfruit Carnitas
Black Beans
Pinto Beans
Corn and Black Bean
Saute

Sides

Pinto Beans
Black Beans
Cilantro Lime Rice

Add Ons

Guacamole
All Salsas

Spanish Rice

Cuban Black Beans

Chimichurri Rice

Verde Rice

Corn and Black Bean Sauté