



Main Courses Asian Themed

1. Ground Beef Noodle Stir Fry -Veggies, Asian Noodles and Ground Beef with soy kick.
2. Crispy Sesame Beef; Sliced steak, sesame seeds cooked until crispy and served on a bed of rice with a fresh made Asian sauce.
3. Beef and Broccoli; Served on a bed of rice or with noodles
4. Garlic Beef and Sesame Noodles; Thin sliced steak, peppers, carrots sliced thin, broccoli florets, green onions sesame seeds served over soba noodles.
5. Thai Red Curry; Served on a bed of basmati rice, chicken,

shallots,garlic,red curry paste,fresh ginger,coconut milk,broccoli,green onions, fresh cilantro,fresh lime juice.

6. Honey Chicken and Broccoli; Served in a bowl on a bed of rice, Broccoli,chicken,green onions,sesame seed served with a honey lemon glaze

7. Asian Meal Bowls; Teriyaki chicken or Sliced Beef,Peppers,broccoli florets,on a bed brown rice dressed in teriyaki sauce served in a bowl.

8. Asian Garlic Shrimp; Shrimp with noodles,mushrooms,peppers,zucchini,carrots grated,chopped cilantro.

Vegan/Veggie

9. Tofu with Asian Noodles; Soba noodles, firm tofu in cubes, shredded cabbage,garlic,ginger,green onions and crushed peanuts.

10. Spicy Tofu Wraps; Tofu,pepper,chopped mushrooms on a bed of romaine lettuce served with a spicy Asian sauce

11. Tofu with Noodles; Soba noodles, firm tofu in cubes, shredded cabbage, garlic, ginger, green onions and crushed peanuts.

12. Spicy Tofu Wraps; Firm tofu, pepper, chopped mushrooms on a bed of romaine lettuce served with a spicy Asian sauce

13. Lo Mein; Soba noodles, mushrooms, peppers, julienned carrots, snow peas, baby spinach. --

14. Mexican Corn Bowl; Brown rice or Quinoa served in a bowl chopped romaine, black beans, avocados, cubed, fresh cilantro, corn, mexican tri-colored cheese, pico de gallo.

Sides

1. Asian pasta Salad A refreshing pasta salad loaded with oranges and fresh avocado served with an Asian dressing.

2. Asian Chicken Salad - Served with perfectly juicy, tender teriyaki chicken, shredded romaine, shredded red cabbage, julienned carrots, chow mien noodles, oranges, fresh cilantro and green onions and top with the most amazing peanut dressing ever.

3. Black Bean Quinoa Salad A light and healthy quinoa salad tossed

with oranges,peppers and jalapeno,black beans, corn,red onion and fresh cilantro in and a refreshing orange vinaigrette, Full of protein and fiber.

4. Asian Roasted Carrots and Broccoli

5. Apple Cranberry Pecan Salad The best fall flavors come together in this light and refreshing spinach salad tossed with apple,pecan nuts, dried cranberries,crumble goat cheese in a lemon vinaigrette

6. Bacon and Avocado Macaroni-Smoked bacon tossed with bacon,avocado,elbow pasta in a lemon-thyme dressing

7. Honey Maple Roasted Carrots- Tossed in olive oil, maple syrup, honey and herbs.

8. Bacon Avocado Pasta- Loaded with fresh avocado,crisp bacon and parmesan goodness(served cold).

9. Parmesan Zucchini and Corn (Seasonal) a healthy side dish that is simple yet full of flavor.

10. Chinese Chicken Salad-Healthy and very tasty.

