

EVERYTABLE

Food Service Menu

Winter 2024



Hot Plates

Salads

Wraps

Sandwiches

Breakfast

Juices

Snacks



All of our food is **made from scratch** each morning at our central kitchen using fresh, whole ingredients. We believe in buying from **local farms**, and launch new dishes each month inspired by the seasons and available harvest.

Breakfast



BLUEBERRY MAPLE YOGURT PARFAIT

410 cal, 13g protein

Grade A Greek Yogurt layered on a sweet blueberry jam base, topped with a crunchy mix of pepitas, sunflower seeds, and quinoa.



RASPBERRY CHOCOLATE CHIA PUDDING

490 cal, 11g protein

Coconut milk, raspberries, chia seeds, whole grain rolled oats, and tricolor quinoa. We naturally sweeten the pudding with evaporated sugarcane juice, maple syrup, and a hint of bittersweet and milk chocolate



MONICA'S BREAKFAST BURRITO

610 cal, 31g protein

Scrambled eggs, salsa roja, black beans, Monterey jack cheese, brown rice, chile and onion wrap



SAUSAGE, EGG, & CHEESE SANDWICH

410 cal, 21g protein

Whole wheat English muffin, chicken sausage patty, egg, provolone cheese, chipotle mayo



MAÑANEROS BOWL

340 cal, 13g protein

Scrambled eggs, roasted sweet potatoes, black beans, queso fresco, tortilla strips, salsa roja

Hot Plates

NEW



CHIMICHURRI CHICKEN GRAIN BOWL

520 cal, 30g protein

Grilled chicken breast, chickpeas, baby spinach, fresh tomatoes, and brown rice

NEW



CREAMY LEMON BROCCOLI RICE PILAF

480 cal, 17g protein

Broccoli, chickpeas, caramelized onions, and lemon cream sauce on a bed of brown rice

NEW



MEXICALI CHICKEN AND RICE BOWL

460 cal, 32g protein

Grilled chicken breast, roasted corn, black beans, and brown rice, with a side of salsa roja



LEMON SPINACH ALFREDO

530 cal, 24g protein

Cavatappi pasta, lemon Alfredo sauce, chickpeas, green peas, and baby spinach



HOMEGIRL SALMON BOWL

370 cal, 25g protein

Seasoned salmon, cauliflower rice, chili-lemon chickpeas, spicy pickled onions, Homeboy avocado salsa verde



SUMMERTIME BBQ PLATE

600 cal, 42g protein

BBQ chicken, mac & cheese, sautéed kale and bacon



PESTO CHICKEN PASTA

500 cal, 33g protein

Fresh aromatic basil pesto tossed with whole wheat rotini pasta, baby spinach, grilled chicken and diced tomatoes



ZA'ATAR VEGGIES & CHICKEN BOWL

570 cal, 30g protein

Shawarma spiced chicken, roasted chickpeas & carrots, pickled red cabbage, brown rice, herbed yogurt sauce



CREAMY BROCCOLI MAC & CHEESE

470 cal, 24g protein

Whole wheat rotini pasta, creamy cheese sauce, steamed broccoli, green onions



ROTINI IN SAVORY MUSHROOM SAUCE WITH MEATBALLS

420 cal, 19g protein

Rotini pasta, mushroom sauce, meatballs



PENNE IN MUSHROOM SAUCE WITH CHICKEN

410 cal, 19g protein

Penne pasta, mushroom sauce, chicken



RIGATONI WITH CREAMY RED PEPPER SAUCE & SAUSAGE

500 cal, 16g protein

Rigatoni pasta, creamy red pepper sauce, sausage



CARIBBEAN CURRY CHICKEN

540 cal, 29g protein

This mouthwatering bowl features Jamaican-style curry chicken with pasture-raised dark meat chicken, roasted Yukon Gold potatoes & carrots. With our homemade curry-onion gravy



GINGER ORANGE TOFU BUDDHA BOWL

420 cal, 16g protein

Roasted seasoned tofu, sits atop brown rice, pickled red cabbage, shredded carrots and fresh steamed broccoli, paired with a Ginger Orange sauce



LEMON MAPLE SALMON BOWL

740 cal, 31g protein

Roasted Atlantic salmon is joined by firm edamame, steamed broccoli, and shredded carrots, on a bed of brown rice with a Lemon Maple Sumac Sauce.



HEAT AND EAT

***Please note that our menu rotates seasonally.**

Everytable also carries an assortment of snacks and beverages, ask us for more information.

Our meals are prepared in a central kitchen which handles various common allergens including wheat, peanuts, soy, tree nuts, milk, eggs, fish, and shellfish. Due to our centralized kitchen, any of the "Big 8" allergens may be in the product due to cross-contact, therefore, we cannot guarantee that a meal is allergen-free.

Salads



VEGAN YAKISOBA NOODLE SALAD

540 cal, 27g protein

Roasted seasoned tofu, whole grain Yakisoba noodles, edamame soybeans, fresh mixed greens, spicy sesame almond dressing



SALMON SUPERFOOD SALAD

620 cal, 27g protein

Roasted salmon, sweet potatoes, arugula, red cabbage, quinoa, cilantro-lime dressing



MEXICAN STREET CORN CAESAR

320 cal, 32g protein

Mixed greens, chicken, roasted corn, chili pita crisps, Cotija-lime Caesar dressing, Cotija cheese, cilantro



MEDITERRANEAN SALMON SALAD

570 cal, 28g protein

Delicious salad combining the flavors of the Mediterranean with the freshness of roasted salmon. Dressed with an herbaceous Greek dressing and served with feta cheese on the side

Soups



CREAMY TOMATO BASIL SOUP

120 cal, 3g protein

Delightful, comforting soup combines rich, ripe tomatoes, velvety cream, and aromatic fresh basil leaves



COCONUT CURRY VEGETABLE SOUP

350 cal, 6g protein

Creamy coconut milk and vibrant curry-flavored soup with fresh diced tomatoes, garbanzo beans, and green peas

Handhelds



MEDITERRANEAN VEGGIE AND HUMMUS WRAP

590 cal, 25g protein

Roasted chickpeas & carrots, baby arugula, pickled red cabbage, red bell peppers, feta cheese



CHIMICHURRI CHICKEN ON CIABATTA

680 cal, 34g protein

Shaved chicken, chimichurri aioli, pickled onions, arugula, feta, whole wheat ciabatta



CHEESY BEAN BURRITO

640 cal, 22g protein

Black beans, brown rice, cheddar cheese, roasted corn, chili lime crema



PESTO CHICKEN ON CIABATTA

920 cal, 41g protein

Shaved chicken, pesto aioli, provolone cheese, balsamic peppers and onions, garlic herb mayo, whole wheat ciabatta



HERB ROASTED TURKEY AND PROVOLONE ON SPROUTED MULTIGRAIN

700 cal, 40g protein

Arugula, pickled onions, honey mustard spread



BLACK FOREST HAM AND SWISS ON MARBLED RYE

810 cal, 37g protein

Arugula, pickled cabbage, curry mayonnaise



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