



ROUND AND ROUND

MONDAY 2/03/25

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

GARDEN 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

PEANUT BUTTER COOKIES

VEGETARIAN, CONTAINS NUTS

Lunch-In Kitchen • Emeryville, CA 94608

E-mail: info@lunch-in.com

Tel: 510 • 434 • 1650



IT'S CHILI OUT

TUESDAY, 2/04/25

BEEF CHILI

Braised Beef Chuck with Tomatoes, Kidney Beans, Chilies, Dark Beer, and Cilantro
Condiments to include Sour Cream and Grated Cheese on the side
GF, NUT FREE, SOY FREE

FOR THE VEGETARIANS AND VEGANS

TEMPEH CHILI

Tempeh combined with Kidney Beans, Chilies, and Cilantro
Served with Sour Cream and Grated Cheese
VEGAN, GF, DAIRY FREE, NUT FREE

CORNBREAD

Our version with lots of Butter, Honey, and Green Onions
VEGETARIAN, NUT FREE, SOY FREE

ROASTED CARROTS

Pickled Red Onions, herbs and Lime
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

GARDEN SALAD WITH CUCUMBERS, TOMATOES, AND GREEN OLIVES

Garden Herb Vinaigrette
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

CHOCOLATE CHIP COOKIES

VEGETARIAN, NUT FREE

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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

MEXICAN WEDDING CAKES

Peacans, powered sugar

VEGETARIAN, CONTAINS NUTS

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CENTER OF THE UNIVERSE

THURSDAY 2/5/25

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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WOK CRAFT

FRIDAY 2/7/25

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

ASIAN SALAD WITH ORANGE-SESAME DRESSING AND FRIED SHALLOTS

Baby Spinach and Arugula tossed with crunchy Jicama, Shredded Carrots, Tomatoes, and Green Onions

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

ORANGE CRINKLES

VEGETARIAN

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