



Order at www.FoodofJoy.com

Menu for 9/16/2019 - 9/20/2019

Salads (GF, VG)

Low carb, gluten-free, vegan, , 3-4 servings of veggies and fruits

Sweet and Sour Mango Salad (GF, VG)

Mango, green cabbage, red cabbage, and carrots lightly tossed with olive oil and rice vinegar, served with diced cucumber and tomato, topped with crushed peanuts, ginger vinaigrette dressing, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Spicy Guacamole Cucumber Salad (GF, VG)

Spicy guacamole (avocado, red onion, jalapeno, lime juice), diced cucumbers, tomatoes, black beans, sweet corns, romaine hearts, chopped cilantro, cilantro lime dressing, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Southwestern Salad (GF, VG)

Tomato, roasted sweet peppers, black beans, sweet corns, baby spinach, romaine heart, red onion, cucumber, parsley, lemon tahini dressing, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Apple Walnut Salad (GF, VG)

Apple, toasted walnuts, romaine heart, roasted sweet pepper, tomato, cucumber, red onions, balsamic vinaigrette dressing on the side, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Grilled Cauliflower Salad (GF, VG)

Grilled cauliflower, golden raisin, romaine heart, tomato, cucumber, roasted sweet pepper, capers, almond slices, lemon tahini dressing, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Bowls (GF, VG)

Hearty, gluten-free, vegan, 2-3 servings of veggies and fruits

Roasted Vegetables Quinoa Bowl (GF, VG)

Beets, butternut squash, and carrots roasted with lemon slices and fresh rosemary, steamed quinoa, chopped kale, diced tomato and cucumber, lemon vinaigrette sauce, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Thai Noodle Bowl (GF, VG)

Buckwheat soba noodles and zucchini noodles dressed in amino vinaigrette (sesame oil, rice vinegar, Braggs Amimos), topped with scallion, diced tomato and cucumber, peanut sauce, your choice of protein and one side
(choice of protein: chicken \$8.95, tofu \$9.25, salmon \$14.45)

Choice of Sides (GF, VG)

Sautéed Spinach, Beans and Corns with Tomato, Guacamole, Steamed Quinoa, Feta Cheese, Blue Cheese

GF: Made with gluten-free ingredients. Our facility also processes wheat. Not suitable for people with acute gluten allergy.

VG: Made with plant-based ingredients. The meal is vegan when paired with vegan protein and vegan sides.