

CREATE YOUR OWN PLATE

Create your own custom meal by selecting 1 main & 2 sides.

Available in two sizes to meet your hunger level.

Menu for May 17th 2015

MAINS

Today's Fish: Lemon-Dill Salmon ^{PGND}

Fresh Pacific salmon, lightly seasoned & broiled to perfection

Argentine Chimichurri Steak ^{PGND}

Juicy strips of grilled steak marinated in fresh Argentine Chimichurri

Caribbean Chicken ^{PGND}

Tender slices of grilled chicken breast served with a fresh mango salsa

Quinoa Stuffed Pepper ^{GND V*}

Yellow bell peppers filled with quinoa & topped with a tomato coulis

Shrimp & Sausage Paella ^{GND}

Brown rice Spanish Paella filled with shrimp, sausage, & chicken

French Pot Roast ND

Classic roast made healthier with Lean Beef, veggies, & no butter

Turkey Lasagna ^{GN}

Whole grain pasta layered with lean turkey & reduced fat-cheese

Tofu Verde Enchiladas ^{GNV*}

Whole corn tortillas with tofu, black beans, zucchini, low-fat cheese

SIDES

Grilled Broccolini ^{PGNDV*}

Roasted Brussels Sprouts ^{PGNDV*}

Artichoke Hearts with Olives ^{PGNDV*}

Beets with Goat Cheese ^{GNV}

Roasted Balsamic Tomatoes ^{PGNDV*}

Chard with Cranberries ^{PGNDV*}

Cauliflower Mash ^{PGNDV*}

Mushrooms with Arugula ^{PGNDV*}

Arroz Verde ^{GNDV}

Farro & Almonds ^{GDV*}

Mac N'Cheese ^{NV}

Rosemary Red Potatoes ^{GNDV*}

DESSERT

Chocolate Chip Cookie ^{NV}

KID'S PLATE MAINS

Baked Chicken Nuggets ND

Teriyaki Turkey Meatballs ^{PGND}

Cheese Quesadilla ^{GNV}

Pasta with Marinara (*Kale Infused*) ^{NDV*}

SIDE SALADS

House Watercress ^{PGDV*}

Spinach ^{PGDV*}

Kale & Mixed Greens ^{PGDV*}

MODERN COMFORT FOOD TO GO

Plate is committed to providing you with great tasting, healthy food when you don't have the time to cook. Our dishes have been created using local and organic ingredients and designed for you to quickly reheat at home using your oven or microwave. Plate: "Food to Fit Your Life."