

MONDAY			October 5, 2026
Global Adventure	2701 Pasta Bar, Choice of Sauce, Marinara sauce, Alfredo Sauce, Pesto, Choice of Protein Chicken, Crispy Tofu, House Salad, Garlic Bread	\$7.95	Breakfast Hours: 7:00AM - 10:00AM Lunch Hours: 11:00AM - 1:30PM Snacks Hours: 7:00AM - 1:30PM Your Chef Manager: Carlos Avelano 510.932.0055 Carlos.Avelano@epicurean-group.com For Catering, please call: David Alnajjar 650.465.9128 Dave@epicurean-group.com Cesar Gomez 415.846.0059 Catertrax Link
Live Well	2701 Pasta Bar, Choice of Sauce, Marinara sauce, Alfredo Sauce, Pesto, Choice of Protein Chicken, Crispy Tofu, House Salad, Garlic Bread	\$7.95	
Plant Base	Veggie Pasta Bar, Choice of Sauce, Marinara sauce, Alfredo Sauce, Pesto, Crispy Tofu, House Salad, Garlic Bread	\$6.95	
Tossed	Chicken Cobb Salad with Avocado Ranch, Cherry Tomatoes, Lettuce, Chopped Cilantro, Crumble Blue Cheese, Bacon, Hard Boil Egg, Avocado Ranch	\$7.95	
Market Grill	Grass-Fed Beef Burger, House Made Crispy Chicken Sandwich, Beyond Burger, Black Bean Burger	\$8.95	
Take Away	Cobb Salad, Caesar Salad, Veggie Salad	\$6.95	
TUESDAY			October 6, 2026
Global Adventure	Petaluma Poultry Farm BBQ Chicken, Mac & Cheese, Potato Salad, Baked Beans, Grilled Sweet Corn, Colslaw, House Baked Corn Bread	\$7.95	Today's Soup <u>Monday</u> Dwelly's Farms Roasted Heilloom Tomato Bisque <u>Tuesday</u> Creamy Butternut Squash Soup <u>Wednesday</u> Green Curry Lentil Soup <u>Thursday</u> Mendocino's Farm Home Made Pozole <u>Friday</u> Newport Classic Clam Chowder
Live Well	Vende Rose Baby Back Ribs, Mac & Cheese, Potato Salad, Baked Beans, Grilled Sweet Corn, Colslaw, House Baked Corn Bread	\$7.95	
Plant Base	Bengard Chimichurri Grilled Portobello, Mac & Cheese, Potato Salad, Baked Beans, Grilled Sweet Corn, Colslaw, House Baked Corn Bread	\$6.95	
Deli Bar	Build Your Own Sandwich, Ham, Salami, Turkey, Roast Beef, Onion, Tomatoes, Pickles, Cheese, Sourdough, White, Wheat, Asiago, Multigrain, Rye	\$7.95	
Market Grill	Grass-Fed Beef Burger, House Made Crispy Chicken Sandwich, Beyond Burger, Black Bean Burger	\$7.95	
Take Away	Cobb Salad, Caesar Salad, Veggie Salad	\$6.95	
WEDNESDAY			October 7, 2026
Global Adventure	Indian Lamb & Potato Stew, Mixed Veggies Quinoa Pulao, Cucumber Mint Raita, Garlic Naan Bread	\$8.95	
Live Well	Bassian Farms Cononut Chicken Curry, Steamed White Basmati Rice, Naan Bread	\$7.95	
Plant Base	Fits Farm Creamy Mushroom Coconut Curry, Steamed White Basmati Rice, Naan Bread	\$6.95	
Deli Bar	Build Your Own Sandwich, Ham, Salami, Turkey, Roast Beef, Onion, Tomatoes, Pickles, Cheese, Sourdough, White, Wheat, Asiago, Multigrain, Rye	\$7.95	
Market Grill	Grass-Fed Beef Burger, House Made Crispy Chicken, Beyond Burger, Black Bean Burger	\$7.95	
Take Away	Cobb Salad, Caesar Salad, Veggie Salad	\$6.95	
THURSDAY			October 8, 2026
Platillos Latinos	Burrito Bowl with Choice of Michoacan Pork Carnitas, Bassian Farms Carne Asada or Chipotle Pollo Asado, De La Olla Black Beans, Refried Pinto Beans & Mexican Rice	\$7.95	PROMOTIONS   DID YOU KNOW? Epicurean Offers Grass Fed Beef Antibiotic Free Poultry Cage Free Eggs Wild Seafood Dolphin Free Tuna Dressings from Scratch In-house Roasted Meats <i>Because we care about the environment and YOU!</i> 
Platillos Latinos	2701 to Order Chilaquiles Green or Red Sauce, Choice of Protein, Beef, Pork, Chicken, Fried or Scrumble Egg, Sour Cream, Onion, Cilantro, Beans	\$7.95	
Plant Inspired	Ratto Farms Portobello Fajitas, Spanish Rice, Black or Refried Beans, Corn Tortilla	\$6.95	
Panini Press	Loaded Quesadilla, Choice of Protein Pork, Beef, Chicken, Spanish Rice, Beans, Pico, Sour Cream, Spicy salsa, Tortillas chips	\$7.95	
Market Grill	Grass-Fed Beef Burger, House Made Crispy Chicken Sandwich, Beyond Burger, Black Bean Burger	\$7.95	
Take Away	Cobb Salad, Caesar Salad, Veggie Salad	\$6.95	
FRIDAY			October 9, 2026
Market Grill	Newport Alaska Honey Baked Salmon, Roasted Herb Potatoes, Grilled Lemon Garlic Asparagus	\$7.95	
Market Grill	Double cheese Burger & Fries	\$8.95	
Market Grill	Crispy Chicken Sandwich & Fries	\$7.95	
Market Grill	Summer Chopped Tomato Peach Salad, Lettuce, Radicchio, Pepperoni, Salami, Cherry Tomatoes, Kalamata Olives, Sliced Zucchini, Basil, Fresh Mozzarella, Feta Cheese, Bread Torns, Lemon Honey Vinaigrette	\$7.95	
Deli Bar	Build Your Own Sandwich, Ham, Salami, Turkey, Roast Beef, Onion, Tomatoes, Pickles, Cheese, Sourdough, White, Wheat, Asiago, Multigrain, Rye	\$6.95	
Take Away	Cobb Salad, Caesar Salad, Veggie Salad	\$6.95	