

your menu

CHEF
Melody Lambert

Chef

Lunch:

Thai-inspired grilled chicken salad, mixed greens, cherry tomatoes, cucumber ribbons, homemade sesame-ginger dressing

Brown rice sushi rolls, creamy avocado, crisp cucumber, lightly charred tofu

Dinner:

Steamed bison filet mignon, grilled asparagus, caramelized sweet bell peppers

Brown rice, lima bean pilaf, fresh herbs, homemade tamari sauce

Breakfast:

Almond milk chia pudding, drizzle of pure maple syrup, fresh blueberries

Whole wheat toast, almond butter, thinly sliced apple



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V - vegetarian, VG - **vegan**,
GF - gluten free, DF - dairy free