

# *Eureka Natural Foods*

## *Eureka Menu*

### *MONDAY*

- \* Beef Bulgogi featuring Local Eel River Beef
- \* Teriyaki Tofu featuring Local Tofu Shop Tofu
- \* Organic Local Firecracker Roasted Gold Potatoes from Wild Rose Farm
  - \* Organic Sesame Garlic Bok Choy
  - \* Organic Basmati Rice
  - \* Organic Seasonal Roasted Vegetables

### *TUESDAY*

- \* Italian Herb and Roasted Garlic Cod
- \* Vegetarian and Vegan Polenta Pizza
- \* Organic Garlic Roasted Seasonal Vegetables
- \* Parmesan Crusted Organic Local Gold Potatoes Wedges from Wild Rose Farm
  - \* Chef's Choice Bread Pudding

### *WEDNESDAY*

- \* Creamy Chicken Pablano featuring Mary's Non-GMO Chicken
  - \* Vegan Tamales
  - \* Organic Spanish Rice
  - \* Organic Calabacitas
- \* Organic Ranchero Beans featuring Heirloom Beans from Earthly Edibles
  - \* Chef's Choice Bread Pudding

### *THURSDAY*

- \* Peanut Chicken featuring Mary's Non-GMO Chicken
- \* Peanut Tofu featuring Local Tofu Shop Tofu
- \* General Tso's Cauliflower featuring Cauliflower from Green Spiral Farm
- \* Miso Sweet Potatoes with Blistered Shishito Peppers from Green Fire Farm
  - \* Organic Seasonal Vegetable Stir Fry
  - \* Sesame Udon Noodles

### *FRIDAY*

- \* Lamb and Beef Gyro
- \* Vegan Gyro featuring Beyond Beef
- \* Roasted Chickpeas and Cauliflower with Tofu Tahini from Wildflower cafe
  - \* Organic Couscous with currants and slivered almonds
  - \* Organic Lemon Roasted Gold Potatoes from Wild Rose Farm
  - \* Pita Bread

### *SATURDAY & SUNDAY*

- \* Chefs Special Choice