



Veggie Bowl (V)

Mixed Cooked Brown Lentils |
Roasted Cauliflower | Hummus



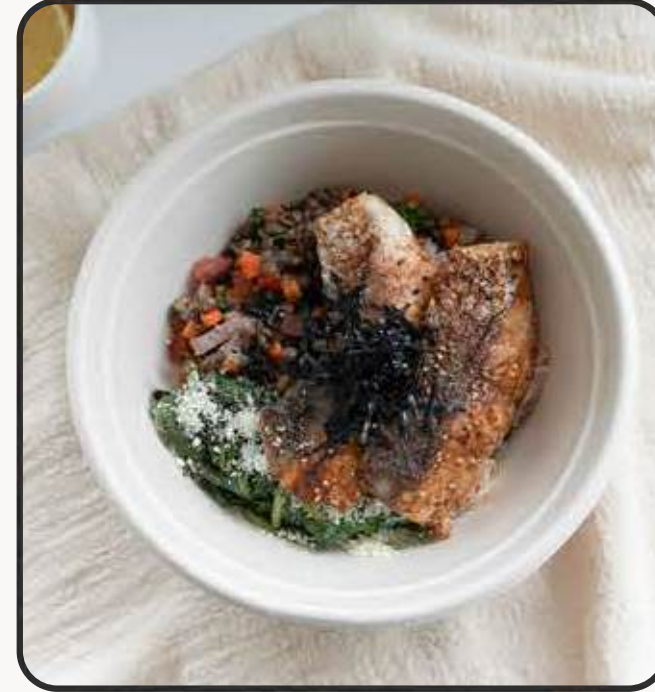
Salmon Bowl

Miso-Glazed Salmon | Pumpkin
Mash | Baby Spinach | Peas |
Sesame | Spicy Avocado
Miso Sauce



Cauliflower Rice

Sautéed Riced Cauliflower | Peas |
Corn | Carrots | Ginger |
Spring Onion | Cashew Nuts |
Fried Egg



Baked Seabass
with Lentil

Baked Seabass | Lentil Ragout |
Turkey Bacon | Spinach | Parmesan |
Shredded Seaweed |
Furikake Seasoning



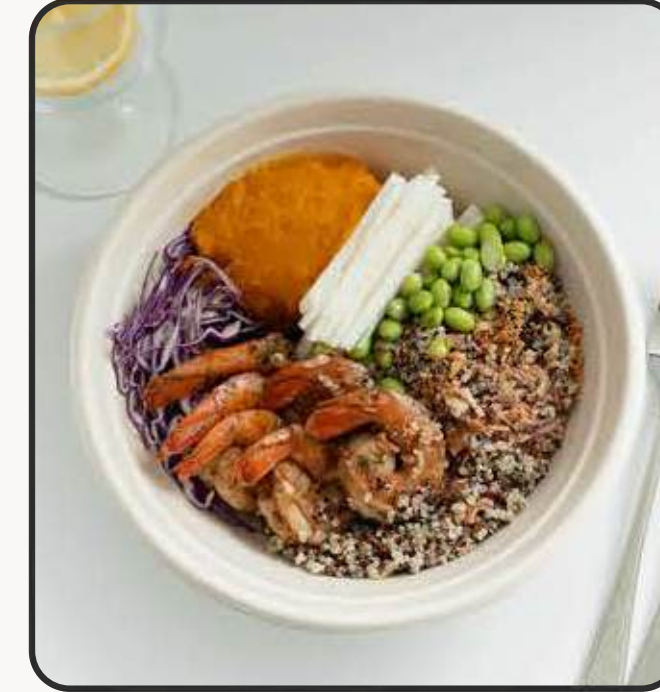
Tandoori Chicken Wrap

Tortilla | Tandoori Chicken | Onion |
Masala Chickpeas | Mint Sauce |
Cherry Tomatoes | Carrots |
Cucumber Sticks



Red Snapper

Baked Red Snapper | Sour Cream |
Baby Spinach | Cherry Tomatoes |
White Bean Ragout



Cajun Shrimp with
Trio Quinoa

Baked Cajun Shrimps | Trio Quinoa |
Corn Salsa | Cabbage | Jicama |
Edamame | Pumpkin Mash |
Fried Garlic | Shallots



Cajun Shrimp with
Couscous

Cajun Shrimps | Corn Cob |
Feta Cheese | Couscous
Tabbouleh | Broccoli



Red Snapper with
Trio Quinoa

Baked Red Snapper | Trio Quinoa |
Chickpeas | Cucumber | Onion |
Tomato | Capsicum Salad



Beef Stew

Beef Stew | Root Vegetables |
Cherry Tomatoes |
Pickled Pearl Onions



Salmon with
Turmeric Rice

Seared Salmon | Fine Beans |
Almond Flakes | Turmeric Rice |
Romesco Sauce



Butter Chicken with
Basmati Rice

Butter Chicken | Vegetables Sabzi |
Basmati Rice | Almond Flakes |
Papadum



Cha Soba Noodle

Seared Ahi Tuna Salad | Cha Soba
Noodle | Wakame | Mushroom |
Cabbage | Soybean | Cucumber |
Carrots | Onsen Egg |
Goma Soy Dressing



Sous-Vide Chicken

Sous-Vide Chicken Breast | Polenta
Cake | Arugula | Sweet Corn |
Cranberry | Apple | Tomato Salad |
Escabeche Dressing