

# Arcata Hot Bar Menu

Lunch & Dinner

Open daily 11 am-7pm | Hot Bar meals are \$9.99/lb | Condiments are included with the weight

## Monday

Chicken Vindaloo  
Coconut Tofu  
Basmati Rice  
Roasted Vegetables  
Mac N Cheese

## Tuesday

Jerk Chicken with Pineapple Salsa  
Jerk Tofu with Pineapple Salsa  
Rice and Beans  
Roasted Vegetables  
Mac N Cheese

## Wednesday

Lemon Herb Chicken  
Baked Penne  
Italian Greens with Cannelini Beans  
Creamy Polenta  
Brown Rice

## Thursday

Thai Green Curry with Chicken  
Vegan Thai Curry  
Dragon's Breath Tofu  
Coconut Rice  
Mac N Cheese

## Friday

Pulled Pork  
BBQ Tofu  
Kale and Paprika  
Corn and Bell Pepper  
Mac N Cheese

## Saturday

Braised Beef  
Carrots, Leaks and Tempeh  
Potato au Gratin  
Roasted Vegetables  
Mac N Cheese

## Sunday

Teriyaki Chicken Thigh  
Yasai Udon  
Sushi Rice  
Steamed Veggies  
Mac N Cheese

**Hot to-go sandwiches  
and soups are  
available every day!**

NORTH COAST  
**CO-OP**

Menu items subject to change