

JUNE 20% OFF DAYS: 3, 8, 13, 19, 24, 29



JUNE 5-10

- LEMON BUTTER SALMON WITH CHEDDAR GRITS
- PINTO BEANS WITH ORGANIC BROWN RICE AND PICO DE GALLO
- CHICKEN OR TOFU CURRY QUINOA BOWL
- SPINACH LASAGNA WITH GARLIC BREAD AND SALAD

JUNE 12-17

- BLACK BEANS W/SPICY SWEET POTATOES, AVOCADO, AND QUINOA
- SEITAN BBQ PLATE WITH RICE, SLAW, VEGAN MAC & CHEEZ, & WATERMELON
- RAINBOW ZOODLE BOWL W/ROMESCO OR CHIMICHURRI SAUCE
-SEITAN, CHICKEN, SHRIMP, OR SALMON OPTIONAL
- PASTA PRIMAVERA W/STEAMED VEGETABLES AND SALAD

JUNE 19-24

- CHANNA MASALA W/BASMATI RICE AND CHUTNEY
- GINGER SALMON W/BASMATI RICE AND STEAMED VEGETABLES
- EGGPLANT SALTIMBOCCA W/GARLIC BREAD AND SALAD
- ASIAN SALAD WITH AVOCADO, NAPA CABBAGE, SPICY CASHEWS AND GINGER-LIME VINAIGRETTE
- ADD SEARED SEITAN, CHICKEN, SHRIMP, OR SALMON

JUNE 26-JULY 1

- ROASTED LIMA BEANS W/ORG BROWN RICE & CORNBREAD
- SHRIMP & GRITS W/SMOKED TOMATOES AND SPINACH
- VEGETABLE PHO WITH RICE OR ZUCCHINI NOODLES, CHICKEN OPTIONAL
- CHICKEN TETRAZZINI W/A BASIL BUTTERMILK BISCUIT

MARKET HOURS: MON-SAT 8-8 • SUN 9-6

BREAKFAST 8-10:30 M-F • LUNCH 11:30-2:30 M-F • DINNER 5-7:30 M-F
BRUNCH: SATURDAY 8AM-11AM • SUNDAY 9AM-2PM

TAKE OUT: 803-765-1083

HOT SANDWICHES:

- BANH MI
- GYRO
- TEMPEH REUBEN
- VEGGIE BURGER
- SHRIMP BURGER
- CHICKEN, APPLE, BRIE

SALADS MADE TO ORDER:

- GARDEN
- 3 SALAD SAMPLER
- GREEK
- ADD CHICKEN OR SALMON

SUPERFOOD SMOOTHIES:

- AZTEC WARRIOR
- MATCHA SUNRISE
- DEEP GREEN