

HOW TO MAEPOLE

1

CHOOSE A BASE
THE PERFECT FOUNDATION

2

PICK TWO SIDES
ALWAYS FRESH AND SEASONAL

3

ADD A PROTEIN
OR CHOOSE A THIRD SIDE

4

PICK A SAUCE
FEEL FREE TO MIX THEM UP

REMINDER:
THERE IS ACTUALLY NO WRONG WAY
TO MAEPOLE

FAMILY SIZE!
4 SERVINGS!

CHICKEN \$18⁷⁵

TOFU \$17⁷⁵

PORK \$20⁷⁵

FRITTERS \$18⁷⁵

BASES \$11⁵⁰

SIDES \$11⁵⁰

BASES 1

BROWN RICE
HERBS AND DICED RED ONION

QUINOA SALAD
HERBS

SWEET POTATO
MASHED W/ COCONUT OIL

SUPER GREENS
LETTUCES, ARUGULA

SIDES 2

À LA CARTE
SIDES \$3⁵⁰

COLD
KALE SALAD CARROT, RED CABBAGE, SESAME
CUCUMBER SALAD RADISH, EDAMAME, EVERYTHING BAGEL SEASONING
HOPPIN' JOHN SALAD BLACK EYED PEAS, SEA ISLAND RED PEAS, PICKLED VEG
BROCCOLI SALAD LEMON PEPPER
MAC & CHEESE WHOLE WHEAT (DAIRY, GLUTEN)
BRAISED GREENS SMOKED PAPRIKA
HOT
ROASTED VEG: CAULIFLOWER, CARROTS, TURNIPS, CELERY, HERBS
GREEN BEANS & ONIONS SEARED
3 SIDE VEGGIE PLATE BASE + 3 VEGGIES \$10⁴⁹

PROTEINS 3

ALWAYS HORMONE + ANTIBIOTIC FREE

CHICKEN SEARED THIGHS W/ LIME, GINGER, CUMIN, CHILI \$11⁹⁷

PORK SHREDDED WITH CITRUS AND LATIN SPICES \$12⁹⁹

FRITTERS BLACKEYED PEAS, QUINOA, MUSHROOM \$11⁹⁷

TOFU MARINATED W/ TAMARI, NUTRITIONAL YEAST \$11²⁵

A LA CARTE CHICKEN \$5⁰⁵ / PORK \$5⁴⁵

FRITTERS \$5⁰⁵ / TOFU \$4⁷³

EXTRAS:

1/2 AVOCADO \$2

HARD BOILED EGG \$1

CHOW CHOW \$1

SWEET-TART CABBAGE RELISH

KIMCHI \$1

SPICY FERMENTED CABBAGE

CRUNCHIES \$1

SEED BLEND, AGAVE

SAUCES:

BUTTERMILK-RANCH

TURMERIC-GINGER

SRIRACHA-HONEY

SPICY AVOCADO

LEMON-HERB

4

CHEF'S SELECTIONS

CAMELLIA

SUPER GREENS, KALE SALAD, BROCCOLI SALAD,
CHICKEN, SPICY AVOCADO

\$11⁹⁷

BOXCAR

SWEET POTATOES, MAC & CHEESE,
GREEN BEANS & ONIONS, PORK, SRIRACHA VIN

\$12⁹⁹

LOW COUNTRY

BROWN RICE, BRAISED GREENS, HOPPIN' JOHN
SALAD, TOFU, TURMERIC-GINGER

\$11⁹⁷

SPRING SALAD

QUINOA SALAD, KALE SALAD, HOPPIN' JOHN SALAD, CUCUMBER
SALAD, AVOCADO, CRUNCHIES, LEMON-HERB VINAIGRETTE

\$13⁴⁹

FOR KIDS!

1 BASE + 1 SIDE + 1 PROTEIN \$6⁹⁹

HORIZON ORGANIC MILK \$2⁵⁰

TUESDAY IS STUDENT NIGHT! TUESDAY FROM 3-9 STUDENTS GET 10%
OFF AND A FREE FOUNTAIN DRINK WITH YOUR I.D.

SAVE
ROOM!

CHUNK COOKIE

A BIT OF EVERYTHING
AND GLUTEN FREE! \$1⁹⁵

CONDOR CHOCOLATES \$3⁵⁰

SPRING IS HERE!

NEW MENU NOW AVAILABLE



MAEPOLE

HEALTHY COMFORT FOOD

RESET MENU:

LOOKING TO AVOID DAIRY, GRAINS, LEGUMES AND
ADDED SUGARS, WE GOT YOU COVERED.
YOU CAN EAT ALL THESE:

- | | |
|----------------------|-----------------|
| SUPER GREENS | ROASTED VEGGIES |
| SWEET POTATOES | CHICKEN |
| KALE SALAD | PORK |
| ROASTED VEGETABLES | HALF AVOCADO |
| BRAISED GREENS | HARD BOILED EGG |
| BROCCOLI SALAD | LEMON-HERB |
| GREEN BEANS & ONIONS | SPICY AVOCADO |
| TURMERIC-GINGER | |

VEGAN

MOST OF OUR MENU IS VEGAN, THE ONLY NON-VEGAN
ITEMS ON THE MENU ARE THE FOLLOWING:

- SIDES: MAC & CHEESE (DAIRY)
PROTEINS: CHICKEN, PORK
SAUCES: BUTTERMILK (DAIRY)
SRIRACHA HONEY (HONEY)
EXTRAS: HARD BOILED EGG
KIMCHI (FISH SAUCE)
DESSERT: MILK CHOCOLATE
COOKIES

KETO

- | | |
|----------------------|-----------------|
| SUPER GREENS | TOFU |
| BRAISED GREENS | HALF AVOCADO |
| GREEN BEANS & ONIONS | HARD BOILED EGG |
| KALE SALAD | BUTTERMILK |
| CUCUMBER SALAD | LEMON-HERB |
| ROASTED VEGETABLES | SPICY AVOCADO |
| CHICKEN | SRIRACHA-HONEY |
| PORK | TURMERIC-GINGER |

OUR PORK AND CHICKEN ARE ALWAYS ANTIBIOTIC
AND HORMONE FREE



MAEPOLE

@MAEPOLE_ MAEPOLE.COM

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