

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
BRAISED BEEF \$23⁸⁰
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

BLACK BEAN SALAD TONATOES, PEPPERS, CORN

BRUSSELS SLAW CARROT, SESAME

CARROT SALAD CRANBERRIES

BROCCOLI SALAD RANCH POWDER

ACORN SQUASH THYME

MAC & CHEESE WHOLE WHEAT (DAIRY, GLUTEN)

ROASTED RED POTATOES GREEN ONION

GREEN BEANS & ONIONS SEARED

3 SIDE VEGGIE PLATE BASE + 3 VEGGIES \$10⁴⁹

CHEF'S SELECTIONS

GAME PLAN

QUINOA SALAD, GREEN BEANS & ONIONS, ACORN
SQUASH, TOFU, SRIRACHA-HONEY
\$12²⁵

BOXCAR

SWEET POTATOES, MAC & CHEESE,
GREEN BEANS & ONIONS, PORK, SRIRACHA VIN
\$13²⁵

SOUTH WESTERN

BROWN RICE, BLACK BEAN SALAD, ½ AVOCADO,
CHICKEN, SPICY AVOCADO
\$12⁵⁰

FALL SALAD

SUPER GREENS, QUINOA SALAD, ACORN SQUASH, BLACK BEAN
SALAD, ½ AVOCADO, TURMERIC-GINGER SAUCE, CRUNCHIES
\$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

PROTEINS 3

ALWAYS HORMONE + ANTIBIOTIC FREE

BRAISED BEEF SLOW COOKED \$13⁴⁹

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 / BRAISED BEEF \$5⁹⁵
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

SAVE
ROOM!

CHUNK COOKIE

A BIT OF EVERYTHING
AND GLUTEN FREE! \$1⁹⁵

CONDOR CHOCOLATES \$3⁵⁰

INTRODUCING OUR FALL MENU

REAL
FOOD.
REAL
FAST.



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
SWEET POTATOES
ACORN SQUASH
ROASTED CARROTS
GREEN BEANS & ONIONS
BRUSSELS SLAW
BRAISED BEEF

CHICKEN
PORK
HALF AVOCADO
HARD BOILED EGG
LEMON-HERB VIN
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
TOMATO SALAD
BROCCOLI SALAD
GREEN BEANS & ONIONS
BRUSSELS SLAW
CHICKEN
PORK / BRAISED BEEF

TOFU
HALF AVOCADO
HARD BOILED EGG
BUTTERMILK-RANCH
SPICY AVOCADO
SRIRACHA-HONEY
TURMERIC-GINGER

OUR BEEF, PORK AND CHICKEN ARE ALWAYS ANTIBIOTIC
AND HORMONE FREE



MAEPOLE

@MAEPOLE_ MAEPOLE.COM

FALL 2025

