



# LUNCH

## POWER BOWLS (other proteins available for substitution: shrimp, steak, salmon, porchetta, chicken, tuna, mixed veggies)

**BAJA CHICKEN BOWL** grilled baja spiced chicken, white rice, romaine tossed in cilantro lime vinaigrette. Mexican street corn, black beans, pickled red onion, marinated tomatoes, cotija cheese, salsa, and avocado crema **18 ng**

**MEDITERRANEAN CHICKEN BOWL** grilled chicken, ancient grains, chopped romaine tossed in red wine vinaigrette, balela, sliced cucumber, pickled red onion, tzatziki, feta **18 ng**

**SEARED TUNA BOWL** seared ahi tuna, white rice, slaw tossed in sesame ginger vinaigrette. soft poached egg, edamame, honey sriracha-glazed brussels sprouts, sesame seeds and lime wedge **18 ng**

## SALADS (served with house-made dressings)

**BLDG 5 POWERHOUSE** mixed greens, avocado, cucumber, ancient grains, balela (marinated chickpeas, black beans, diced red onions, cherry tomatoes, apple cider vinegar), parmesan, lemon vinaigrette **12 vg, ng**

**ADD: chicken +8 | steak +11 | shrimp +9 | salmon +10 | tuna +10 | porchetta +9**

**BLDG 5 CAESAR-ISH** marinated grilled chicken, crisp romaine & spinach, shaved parmesan, roasted yellow corn, hearts of palm, multigrain croutons, caesar dressing **18**

**MARINATED GRILLED STEAK** grilled steak, mixed greens, marinated tomatoes, pickled red onions, feta, red wine vinaigrette **20**

**SOUTHWEST GRILLED SHRIMP** grilled shrimp, crisp romaine & spinach, avocado, cotija, black beans, corn salsa, marinated tomatoes, crunchy corn tortilla strips, cilantro lime dressing **19**

**CHINESE CHICKEN** marinated grilled chicken, crisp romaine, mixed greens, sliced almonds, mandarin oranges, fried wontons, rotini pasta, scallions, carrots, bell peppers, sesame ginger vinaigrette **18**

**BLDG 5 BEET SALAD** braised red & gold beets, mixed greens, candied walnuts, bleu cheese, honey mustard dressing **16 vg**

**ADD: chicken +8 | steak +11 | shrimp +9 | salmon +10 | tuna +10 | porchetta +9**

**SEASONAL SALAD: KALE CRUNCH** kale, shaved brussels sprouts, cucumber, green onion, pickled red onion, sunflower seeds, almonds, feta, multigrain croutons, red wine vinaigrette **15 vg**

**ADD: chicken +8 | steak +11 | shrimp +9 | salmon +10 | tuna +10 | porchetta +9**

## SANDWICHES (served with house-made potato chips)

**CAPRESE** sliced tomato, buffalo mozzarella, fresh basil with balsamic vinaigrette, olive oil, fresh baked french loaf **12 vg**

**BLDG 5 ORIGINAL** roasted red pepper, provolone, lemon aioli, fresh ciabatta with **chicken 16 | steak 18**

**CHICKEN KARAAGE** (japanese-style fried chicken) ginger soy slaw, kewpie sesame aioli, honey sriracha, ciabatta **16**

**PORCHETTA** house-made porchetta, mixed greens, pickled red onions, lemon aioli, fresh ciabatta **16**

**GRILLED VEGGIE** zucchini and yellow squash, mushrooms, roasted red pepper, tomato, buffalo mozzarella, pesto, fresh ciabatta **16 vg**

**SHORT RIB SMASH** braised short rib, havarti, pickled mustard aioli, pickled red onions, rustic wholegrain **18**

**RUSTIC GRILLED CHEESE** tillamook cheddar, mozzarella, brie, havarti on rustic wholegrain **16 vg**

**ADD: roasted tomato basil soup cup +6 / bowl +10 vg, ng**

## SOUPS cup 8 | bowl 12

**TOM KHA GAI** ng

**CHICKEN TORTILLA** ng

**ROASTED TOMATO BASIL** served with rustic grilled bread vg, ng

**CHICKEN & SAUSAGE GUMBO with rice**, served with rustic grilled bread cup **7** | bowl **14**

**Parties of 8 or more will have a 20% service charge added to the check, and there are no split checks.**

**v = vegan vg = vegetarian ng = made without gluten** (many dishes can be enjoyed ng by removing the side of bread)

Please let us know if you have any food allergies. Consumption of raw or undercooked food of animal origin may increase your risk of food borne illness.

**BLDG5.COM | 225.256.2287 | INSTA @ BLDG5 | 2805 KALURAH ST, BR 70808 | 12925**



# LUNCH

## BOARDS

### BLDG 5 FLAVOR FLIGHTS

**chips + dips** bowl of housemade potato chips and all four sauces (piri piri, chermoula, aji, chimichurri) **16**

**spreads + breads** seasonal hummus, bacon jam with melted brie, smoked gouda, jalapeño & artichoke spread, grilled naan, rustic crostini bread and sliced cucumbers **32**

**CROSTINI GRAZING BOARD FOR 2** chef's selection of cheeses, meats, spreads **18**

**STRACCIATELLA BOARD** light & creamy burrata filling garnished with olive oil, hot honey, spiced pepitas, dried sunflower petals, orange zest, salt & pepper, served with rustic grilled bread **15**

**NIÇOISE BOARD** served with your choice of grilled salmon or tuna, mixed greens, harissa green beans, chimichurri potatoes, a soft egg, shaved fennel, chermoula yogurt, marinated cherry tomatoes **28 ng**

## BUILD YOUR OWN PLATE (select a protein plate or veggie plate and add from there)

**PROTEIN PLATE** served with herbed ancient grains, rustic grilled bread, pick a protein, pick 1 sauce and deli side (see below)

**PICK your PROTEIN:** chicken **18** | steak **21** | shrimp **19** | salmon **20** | tuna **20** | porchetta **19**

**VEGGIE PLATE** marinated herb-grilled eggplant, zucchini, squash, bell peppers, served with herbed ancient grain and rustic grilled bread **16 v,vg**

**ADD:** chicken **+8** | steak **+11** | shrimp **+9** | salmon **+10** | tuna **+10** | porchetta **+9**

### PICK (1) SAUCE:

**south african piri piri** roasted red pepper, jalapeno, garlic, lemon juice, smoked paprika & a touch of cayenne v,vg,ng

**chermoula** cilantro, olive oil, preserved lemon, garlic, cumin and paprika ng

**peruvian aji** jalapeños, romaine, cilantro, garlic, scallions, rice wine vinegar, lime juice and a little mayo vg,ng

**argentinian chimichurri** italian parsley, cilantro, garlic, red wine vinegar, oregano, crushed red peppers, olive oil v,vg,ng

### PICK (1) SEASONAL DELI SIDE:

• herb roasted carrots

• herb roasted potatoes

• balela salad

• BLDG 5 house-made potato chips

• roasted green beans

• BLDG 5 house salad +2

• roasted brussel sprouts +2

• braised beets with honey mustard dressing +2

## PLATES

**CRAB CAKE PLATE** 5oz lump crab cake, new orleans style remoulade sauce served with BLDG 5 house salad **21**

**PERUVIAN CHICKEN BOWL** chicken thigh braised with green beans, tomato and potatoes served over steamed white rice with a side of peruvian aji **23 ng**

**SHRIMP PANANG** grilled shrimp in thai red curry seasoned with pineapple and roasted poblano, served with rice, peanut chili oil, coconut creme and cilantro **21**

**CAJUN PORK STEW** rich brown gravy w/tender braised pork, steamed white rice, buttery green peas, rustic grilled bread **18**

**GROUND TURKEY LETTUCE WRAPS** asian braised ground turkey, butter leaf lettuce, sweet chili sauce, cambodian slaw **18**

## BEVERAGES

house-made lemonades **3.5**

iced tea **3.5** | hot tea **3.5**

congregation coffee iced **4.95** | hot **4.5**

coke | coke zero | dr pepper | sprite **3**

root beer **4**

topo chico **3** | large san pellegrino **9**

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