



# LUNCH

## BOARDS

### BLDG 5 FLAVOR FLIGHTS

**chips + dips** bowl of housemade potato chips with chimichurri, piri piri, chermoula, aji **16**

**spreads + breads** roasted red pepper hummus, bacon jam with whipped goat cheese, smoked gouda, jalapeño + artichoke spread, grilled naan, rustic grilled bread, sliced cucumbers **32**

**CROSTINI GRAZING BOARD FOR 2** chef's selection of cheeses, meats, nuts, seasonal spread, rustic grilled bread **21 n**

**STRACCIATELLA BOARD** light + creamy burrata filling garnished with Nduja (spicy spreadable salami), crouton crumbs, basil, lemon salt, pepper, served with rustic grilled bread **17**

**NIÇOISE BOARD** 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

**PROTEIN PLATE** served with herbed ancient grains, pick a protein, pick a sauce, pick a deli side

**PICK your PROTEIN:** chicken **19** | steak **22** | shrimp **20** | salmon **22** | tuna **22** | porchetta **19**

**VEGGIE PLATE** marinated herb-grilled mushrooms, zucchini, squash + bell peppers, served with herbed ancient grains, pick a sauce, pick a deli side **16 v,vg**

**ADD:** chicken **9** | steak **+12** | shrimp **+10** | salmon **+12** | tuna **+12** | porchetta **+9**

**PICK your 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, paprika ng
- **peruvian aji** jalapeños, romaine, cilantro, garlic, scallions, rice wine vinegar, lime juice, a little mayo v,vg,ng
- **argentinian chimichurri** italian parsley, cilantro, garlic, red wine vinegar, oregano, crushed red peppers, olive oil v,vg,ng

**PICK your SEASONAL DELI SIDE:**

- **herb roasted carrots** v,vg,ng
- **herb roasted potatoes** v,vg
- **balela salad** v,vg,ng
- **BLDG 5 house-made potato chips** v,vg
- **marinated herb-grilled mushrooms, zucchini, squash + bell peppers** v,vg,ng
- **roasted green beans** +2 v,vg,ng
- **BLDG 5 house salad** +2 v,vg,ng
- **roasted brussels sprouts** +2 v,vg,ng
- **braised beets with honey mustard dressing** +2 v,vg,ng

## SANDWICHES served with house-made potato chips

**CAPRESE** sliced tomato, buffalo mozzarella, fresh basil with balsamic vinaigrette, olive oil, fresh baked french loaf **14 vg**

**BLDG 5 ORIGINAL** roasted red pepper, provolone, lemon aioli, fresh ciabatta with **chicken 16** | **steak 21**

**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,n**

**SHORT RIB SMASH** braised short rib, havarti, pickled mustard aioli, pickled red onions, rustic wholegrain **20**

**RUSTIC GRILLED CHEESE** tillamook cheddar, mozzarella, brie, havarti on rustic wholegrain **18 vg**

**ADD:** roasted tomato basil soup cup **+7** | bowl **+11** v,vg,ng

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 n = contains nuts**

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 | 11425**



# LUNCH

## BOWLS + PLATES

**BAJA CHICKEN BOWL** grilled baja spiced chicken, white rice, romaine, cilantro lime vinaigrette, Mexican street corn, black beans, pickled red onion, marinated tomatoes, cotija cheese, salsa, avocado crema **19 ng**

**MEDITERRANEAN CHICKEN BOWL** grilled chicken, ancient grains, romaine, red wine vinaigrette, balela, sliced cucumber, pickled red onion, tzatziki, feta **19 ng**

**SEARED TUNA BOWL** seared ahi tuna, white rice, slaw, sesame ginger vinaigrette, soft poached egg, edamame, honey sriracha-glazed brussels sprouts, sesame seeds, lime wedge **19**

**PERUVIAN CHICKEN BOWL** chicken thigh braised with green beans, tomato + 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 + roasted poblano, served with rice, peanut chili oil, coconut creme, cilantro **22 n**

**CRAB CAKE PLATE** 5oz lump crab cake, new orleans style remoulade, served with BLDG 5 house salad **23**

**CAJUN PORK STEW** rich brown gravy with tender braised pork, steamed white rice, buttery green peas **18**

## SALADS

**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 **15 vg,ng**

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

**SEASONAL SALAD: GREEN GEM** hydro bib lettuce, yellow squash, candied walnuts, pickled red onions, shaved parmesan, lemon white balsamic vinaigrette **17 vg,n**

**ADD:** chicken +9 | steak +12 | shrimp +10 | salmon +12 | tuna +12 | porchetta +9

**BLDG 5 CAESAR-ISH** marinated grilled chicken, crisp romaine + spinach, shaved parmesan, roasted yellow corn, hearts of palm, multigrain croutons, caesar dressing **19**

**MARINATED GRILLED STEAK** grilled steak, mixed greens, marinated tomatoes, pickled red onions, feta, red wine vinaigrette **24**

**SOUTHWEST GRILLED SHRIMP** grilled shrimp, crisp romaine + spinach, avocado, cotija, black beans, corn salsa, marinated tomatoes, crunchy corn tortilla strips, cilantro lime dressing **20**

**CHINESE CHICKEN** marinated grilled chicken, crisp romaine, mixed greens, sliced almonds, mandarin oranges, fried wontons, rotini pasta, scallions, carrots, bell peppers, sesame ginger vinaigrette **19 n**

## SOUPS

cup **9** | bowl **14**

**TOM KHA GAI** ng

**CHICKEN TORTILLA**

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

**CHICKEN + SAUSAGE GUMBO** with rice, served with rustic grilled bread cup **9** | bowl **16**

## BEVERAGES

house-made lemonades **4**

iced tea **4** | hot tea **4**

congregation coffee iced **5** | hot **5**

coke | coke zero | dr pepper | sprite **3.50**

root beer **4**

topo chico **3.50** | large san pellegrino **9**

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