

SALADS

• SUMMER SPINACH •

FRESH BERRIES, GOLDEN RAISINS, TOASTED ALMONDS,
CRUMBLED GORGONZOLA WITH A STRAWBERRY
BALSAMIC

• CANDIED PECAN AND PEAR •

CHOPPED ROMAINE WITH MIXED GREENS, POACHED
PEAR SLICES, CRUMBLED GOAT CHEESE, CANDIED
PECANS, AND DRIED CRANBERRIES WITH A FIG
BALSAMIC VINAIGRETTE

• MEDITERRANEAN •

CHOPPED ROMAINE, FETA CHEESE, CUCUMBER,
TOMATO, KALAMATA OLIVES IN A GREEK VINAIGRETTE

• ITALIAN CHOPPED •

BLEND OF ARTICHOKEs, CHICKPEAS, ROASTED RED
PEPPERS, CUCUMBER, AND OLIVES IN A PARMESAN
VINAIGRETTE SERVED OVER A BED OF CHOPPED
ROMAINE

• CRUNCHY QUINOA •

SPRING VEGETABLE MIX WITH ALMONDS AND
SUNFLOWER SEEDS IN A TAHINI LEMON DRESSING

• QUINOA & BRUSSEL SPROUT •

SHAVED SPROUTS, CHICKPEAS, CRANBERRIES AND
WALNUTS SERVED WITH A HONEY DIJON
VINAIGRETTE

• INDICATES VEGETARIAN •

DINNER SALADS

BBQ CHICKEN

MARINATED BLACK BEAN AND CORN SALSA OVER
SPINACH BLEND WITH MONTERREY JACK AND
TORTILLA CROUTONS

BUFFALO CHICKEN

CHOPPED GARDEN VEGETABLES, ROASTED WHITE
CORN, CRUMBLED BLEU CHEESE WITH CILANTRO
RANCH

MEXICAN CHOPPED

ROMAINE, CORN, BLACK BEANS, RED PEPPER, TOMATO,
AND CUCUMBER WITH CREAMY AVOCADO LIME
DRESSING

GRILLED THAI CHICKEN

MIXED GREENS, CUCUMBER, RED PEPPER, CARROT AND
CILANTRO IN A SPICY PEANUT DRESSING

GARDEN COBB

BLEND OF BABY SPINACH AND BIBB WITH CHOICE OF
CHICKEN OR SHRIMP. SERVED TRADITIONALLY WITH
HARDBOILED EGGS, CRUMBLED BACON, AND CHOICE
OF DRESSING

QUICHES

CHORIZO

CHORIZO, BABY RED POTATO, ROASTED RED PEPPER
WITH QUESO FRESCO

• MUSHROOM AND ASPARAGUS •

BLEND OF WHITE AND PORTABELLA MUSHROOMS WITH
ASPARAGUS AND PARMESAN

• SANTA FE •

DICED GREEN CHILIES, FRESH TOMATOES, AND A BLEND
OF CHEDDAR AND MONTERREY JACK

SPINACH & ARTICHOKE

SAUTÉED SPINACH, DICED ARTICHOKE HEARTS, AND
CRUMBLER BACON WITH VERMONT WHITE CHEDDAR

BACON & CARAMELIZED ONION WITH
SPINACH

VEGETARIAN

FOLLOWING ITEMS ARE SERVED WITH YOUR
CHOICE OF VEGETABLE OR FRESH SALAD

BUTTERNUT SQUASH & SPINACH LASAGNA

BAKED WITH A LIGHT GARLIC ALFREDO

PORTOBELLO SPINACH RAVIOLI

PORTOBELLO STUFFED RAVIOLIS SAUTÉED WITH FRESH
SPINACH. TOPPED WITH A SUN-DRIED TOMATO CREAM
SAUCE

SPICY BLACK BEAN CAKES

SHREDDED SWEET POTATO, BLACK BEANS, GREEN
ONION, GARLIC, JALAPENOS, AND CUMIN SERVED WITH
CHILI LIME SOUR CREAM

ADDICTIVE SWEET POTATO BURRITOS

PUREED SWEET POTATOES AND SEASONED BLACK
BEANS, TOPPED WITH A ROASTED GREEN CHILI SAUCE
AND COLBY JACK

BLACK BEAN & PINEAPPLE QUESADILLA

GREEN ONION, RED PEPPER, ROASTED GREEN CHILIES
AND GRILLED PINEAPPLE WITH QUESO FRESCO. SERVED
WITH CILANTRO LIME SOUR CREAM

FOR THE GRILL

FOLLOWING ITEMS ARE SERVED WITH YOUR CHOICE OF STARCH AND VEGETABLE OR SALAD

SKEWERS

(RECOMMEND EATING WITHIN TWO DAYS)

STEAK AND TOMATO

CHICKEN PEPPERS AND MUSHROOM

TERIYAKI PORK AND PINEAPPLE

AHI TUNA WITH GINGER MARINADE

BURGERS

BUFFALO BLEU TURKEY

BACON AND CHEDDAR

PICO DE GALLO CHICKEN

FETA SPINACH SALMON

TACOS

ALL TACOS SERVED WITH YOUR CHOICE OF CORN OR FLOUR TORTILLA AND SPANISH OR ROASTED CORN AND LIME RICE

CHIPOTLE SWEET PULLED PORK

PICKLED CABBAGE SLAW AND FRESH PICANTE SERVED ON THE SIDE

FISH

MARINATED WHITE FISH WITH JICAMA-VEGETABLE SLAW

FIRE CRACKER SHRIMP

CAJUN-RUBBED SERVED WITH MANGO SALSA

ANTICUCHO-STYLE CHICKEN

CILANTRO GARLIC AND SOY MARINADE

ENTREES

FOLLOWING ITEMS ARE SERVED WITH YOUR CHOICE OF STARCH AND VEGETABLE OR SALAD

CHICKEN FAJITA SWEET POTATO BOATS

CHICKEN GYRO

GRILLED LEMON CHICKEN, SERVED WITH TZATZIKI

CHICKEN PICATTA

TRADITIONAL STYLE PICATTA WITH LEMON CAPER BUTTER SAUCE

CHICKEN MARSALA

PAN ROASTED CHICKEN BREAST TOPPED WITH CRISPY PANCETTA & PORTABELLA

ROASTED GARLIC AND ASIAGO CHICKEN

PAN SEARED CHICKEN BREASTS SEASONED THEN SERVED WITH AN ASIAGO AND BASIL CREAM SAUCE

TOMATILLO MARINATED FLANK

MARINATED IN A BLEND OF CILANTRO, TOMATILLO, LIME, GARLIC, THEN GRILLED AND THINLY SLICED

BEEF BOURGUIGNON

ROUND STEAK MEDALLIONS SIMMERED WITH ONIONS IN A RED WINE BEEF SAUCE WITH CRUSHED TOMATOES

HONEY & APPLE COUNTRY RIBS

SLOW BAKED UNTIL FORK TENDER THEN GLAZED WITH A HONEY APPLE BARBEQUE SAUCE

COCONUT CRUSTED SHRIMP

SERVED WITH MANGO SALSA

STIR FRIED GARLIC GREEN BEANS & SHRIMP

CURRIED PEACH SALMON

SKIN-ON FILLET BAKED IN PEACH CHUTNEY. TOPPED
WITH A GOAT CHEESE ALMOND CRUMBLE

MARYLAND CRAB CAKES

JUMBO LUMP CRAB MIXED WITH A ROASTED RED
PEPPER AIOLI, BREADED THEN PAN-FRIED

PANKO -CRUSTED COD

WITH A IN A CITRUS MARINADE

PESTO SHRIMP & BACON

SAUTÉED SHRIMP AND CRISPY BACON IN A SUN-DRIED
TOMATO SAUCE OVER PENNE

ROLLS

SEASONED RICOTTA FILLS THIS PASTA WITH A
COMBINATION OF CHOICES BELOW

ADD A SALAD FOR A COMPLETE MEAL

CAPRESE

BASIL AND FRESH MOZZARELLA TOPPED WITH TOMATO
BASIL MARINARA

BOLOGNESE

SEASONED GROUND BEEF SIMMERED IN A RED WINE
AND TOMATO SAUCE

VEAL & SPINACH

GROUND VEAL, PARMESAN CHEESE, BABY SPINACH
WITH MARINARA

CHICKEN SAUSAGE

YOUR CHOICE OF MILD OR SPICY WITH SPINACH AND
PROVOLONE, TOPPED WITH A ROASTED RED PEPPER
MARINARA

SLOW COOKER

INGREDIENTS PREPPED AND READY FOR YOU TO ADD
TO YOUR SLOW COOKER

SHREDDED BARBEQUE PORK WITH APPLE
SLAW

CHIPOTLE BEEF BRISKET WITH PEACH
CHUTNEY

CREOLE SHRIMP GUMBO

WHITE BEAN CHICKEN CHILI

ORANGE HONEY CHICKEN

THAI CHICKEN SOUP WITH
CILANTRO LIME RICE

HEARTY CHICKEN AND VEGETABLE STEW

VEGETABLES

SUMMER HARVEST RATATOUILLE

SWISS CHARD WITH TOMATOES & PINENUTS

ROASTED ASPARAGUS WITH SUNDRIED
TOMATOES

BALSAMIC ASPARAGUS

ROASTED BRUSSEL SPROUTS WITH BACON

GREEN BEANS WITH TOMATO AND
MUSHROOMS

GARLIC GREEN BEANS

GREEN BEANS WITH BACON & SHALLOTS

ROASTED CAULIFLOWER WITH PARMESAN

TOMATO AND CORN SALAD WITH BLACK
BEANS

POTATOES

CAULIFLOWER GRATIN

SOUR CREAM & CHIVE MASHED

CREAMY MASHED

MASHED RED POTATOES WITH GARLIC

TWICE BAKED WITH CHEDDAR & BACON

OVEN ROASTED REDS

BABY REDS WITH PARSLEY & BUTTER

HERB ROASTED SWEET POTATO SKINS

BAKED SWEET POTATO WEDGES WITH
PINEAPPLE SPEARS

CUBED SWEET POTATOES WITH
ORANGE-HONEY BUTTER

OTHER STARCHES

PARMESAN & SPINACH ORZO

BISTRO MAC & CHEESE

GNOCCHI WITH SAUTÉED KALE

WILD MUSHROOM WILD RICE

SPANISH RICE WITH DICED TOMATOES

GREEN CHILI & LIME JASMINE RICE

PARMESAN & ROASTED BROCCOLI
COUSCOUS

TABOULEH

TWO MUSHROOM RISOTTO

GREEN CHILI RISOTTO

SPRING RISOTTO

(PEAS, ASPARAGUS, SPINACH)

POLENTA CAKES WITH PEPPER JACK

GOAT CHEESE ALMOND POLENTA CAKES

SWEETS & TREATS

\$15.00 DOZEN

\$7.50 HALF

COOKIES

PEANUT BUTTER BLOSSOMS

BUTTER PECAN

CHOCOLATE CHIP

SNICKERDOODLES

CARROT CAKE OATMEAL

CHOCOLATE PEANUT BUTTER

RASPBERRY LEMON

ALMOND JOY

CUPCAKES

CARROT CAKE WITH CITRUS CREAM CHEESE
FROSTING

VANILLA WITH FRENCH VANILLA
BUTTERCREAM & BERRIES

CHOCOLATE RASPBERRY

CHOCOLATE PEANUT BUTTER

ANGEL FOOD WITH STRAWBERRIES

MUFFINS

BLUEBERRY CRUMB

CRANBERRY ORANGE PECAN

BANANA WALNUT

LEMON POPPYSEED

APPLE & CARROT CAKE

BARS & BITES

FUDGE BROWNIES

RASPBERRY CHEESECAKE BARS

LEMON BARS

PROTEIN BITES