

# 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

# 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

WHEN SELECTING A QUICHE, ADD A SALAD FOR  
A COMPLETE MEAL

## 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  
CRUMBLED 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 SUNDRIED 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