



SOUPS

FRENCH ONION

Caramelized onions, homemade stock, and a splash of balsamic topped with cheesy croutons..... \$6.99

ITALIAN CHILI

Robust with ground beef, pasta, tomatoes, beans, herbs, and spices with mozzarella..... \$6.99



SALADS

BLACKBERRY & GREENS

Arcadian lettuce, blackberries, goat cheese, candied sunflower seeds, and a honey balsamic vinaigrette..... \$8.99

SPRING POWER

Curly lettuce, spinach, carrots, goat cheese, edamame beans and a white wine vinaigrette..... \$8.99



BAKERY

Packaged as 1/2 dz. / \$7.99

BLUEBERRY MUFFINS

Fluffy, sweet, and delicate muffin loaded with blueberries.

LEMON RICOTTA

A delicate, sweet muffin with lemon zest and ricotta cheese.

MOCHA CHOCOLATE CHIP

A house favorite! Delightful chocolate and coffee muffins with chocolate chips throughout.

DESSERTS

RASPBERRY WHITE CHOCOLATE CAKE

Decadent white chocolate cake studded with bright, juicy raspberries makes this a delicious springtime treat! \$6.99

SNICKERDOODLE BARS

My favorite cookie transformed into the BEST soft and chewy Snickerdoodle Bars! \$6.99



ENTREES

1. APPLE BEEF BRISKET

Slices of tender beef, slow braised with an apple glaze served with cauliflower cheddar gratin with zesty crumb topping. \$15.99

2. CHICKEN MARSALA

Tender white meat chicken, golden sautéed and simmered with a mushroom marsala pan sauce, served with basmati rice, and baby carrots..... \$12.99

3. CHICKEN PARMESAN MEATLOAF

What's not to love, tender, moist and full of flavor! Served with garlic mashed potatoes and roasted balsamic veggies. \$11.99

4. CHINESE SWEET PEPPER STEAK

Tender flank steak, stir-fried with colorful bell peppers and onions in a brown sauce with the Chinese flavors we all love, served over long grain brown rice. \$14.99

5. GARLIC BUTTER SCROD

A lovely white fish with garlic "butter" served with herbed Yukon Gold baby potatoes and baby green beans. \$15.99

6. GRANDMA'S MEATBALLS

Old school Italian meatballs made the healthy October Kitchen way. Served with our house made marinara and garlic herb stir fried Italian garden vegetables..... \$12.99

7. GREEK STUFFED TOMATOES & PEPPERS

Ripe tomatoes and sweet yellow bell peppers stuffed accompanied by a Greek inspired savory rice with onions, tomato, mint, parsley, feta cheese and sweet currants..... \$9.99

8. LAMB STEW

Rustic and hearty lamb stew with carrots, onions, plum tomatoes, and white beans. \$13.99

9. LEMON FLOUNDER

Cornflake crusted, oven fried fish with a lemon apricot glaze, accompanied by wild rice pilaf and steamed broccoli, cauliflower, and carrots..... \$15.99

10. PORK & ITALIAN SAUSAGE STEW

Our house made Italian sausage and chunky pork simmered with basil, garlic and tomatoes, served with Parmesan polenta..... \$11.99

11. PORK SCHNITZEL

Breaded pork cutlets topped with lemon, dill sour cream served with carrots, wax beans, and German rice..... \$13.99

12. PULLED TURKEY ENCHILADA LASAGNA

Layers of corn tortillas braised pulled turkey, black beans, peppers, onions, and Monterey Jack cheese. This dish is sure to be a homerun for dinner!..... \$10.99

13. SALMON PATTIES

We broke out Grandma's recipe for this one complete with a wedge of lemon, steamed potatoes and minted peas..... \$14.99

14. SESAME GINGER NOODLES

Healthy noodle salad combination of crunchy snow peas, carrots, sweet peppers, broccoli, red peppers, and scallions with a sweet and tangy creamy sunflower butter dressing..... \$9.99

15. SHORT RIBS

Slow braised short ribs simmered until tender, served with twice baked potato and green beans. \$17.99

16. SHRIMP FRIED RICE

Stir fried ginger, garlic and brown rice loaded with broccoli, peppers, carrots, egg, and asparagus tossed with sweet shrimp \$14.99

17. SKILLET CHICKEN PASTA

Tender chunks of chicken, crisp broccoli and shells smothered in creamy, Asiago lemon herb cheese sauce with chunks of bacon and juicy tomatoes..... \$10.99

18. VEGETABLE FRITTATA

Fluffy eggs baked with broccoli, spinach, roasted sweet potatoes, mushrooms, onions, and peppers with basil, creamy ricotta, and fontina cheese..... \$10.99



SIDES & SUCH

TOTALLY HEALING CHICKEN SOUP

Old fashioned and made from scratch with toasted orzo noodles and lots of veggies. It will cure what ails you!

by the pint \$6.99

OUR DAILY BREAD

A lovely 1 pound sandwich loaf that is the perfect blend of flour, wheat and honey \$4.49

MARINARA SAUCE

This sauce is built from the best plum tomatoes, olive oil, garlic, sweet onions and finished with fresh basil.

16 oz.....\$4.99 24 oz.....\$7.49

HOMEMADE GRAVY

Beginning with our own natural, house made stock, we simmer, thicken and season to make these velvety, low salt gravies. Available in beef, chicken and turkey 8oz..... \$1.99

GRILLED CHICKEN BREAST

Chicken breast marinated with our Chef's secret spice rub. Flash Grilled. Served hot or cold. Great paired with our weekly House Salads!

1/4 lb.....\$4.49 1/2 lb.....\$7.99

CLASSIC EGG SALAD

This is a traditional egg salad that I've made for years. It's not fancy but well balanced with bright, creamy flavors.

1/2 pint.....\$3.99 by the pint.....\$6.99

DAD'S HAM SALAD

Extra lean, low sodium ham, pickle relish, mayo and a touch of whole grain mustard makes for a yummy sandwich.

1/2 pint.....\$3.99 by the pint.....\$6.99

SILVER PALATE CHICKEN SALAD

Roasted chunks of chicken breast tossed with dill, red grapes, a bit of sour cream and mayo all to make this a terrific option for lunch or dinner.

1/2 pint.....\$5.49 by the pint.....\$9.99

TUNA SALAD

This tasty tuna salad made with white premium tuna has a bit of crunch from the celery and is delicious as a sandwich or even on its own.

1/2 pint.....\$5.49 by the pint.....\$9.99

FRUIT SALAD

Fresh cut fruit served in their own juices.

by the pint.....\$5.49 by the quart.....\$9.99

CHOCOLATE CHIP COOKIES

Homemade, chunky, chocolate chip cookies. 1/2 dz..... \$7.99

DIETARY KEY

Heart Friendly
600mg or less of sodium/fat less than 30% DV (Daily Value)

Wheat Free
No wheat or gluten containing ingredients. Meals are not made in a dedicated gluten-free kitchen

Vegetarian
May include dairy and eggs

Low Carb
25mg or less of net carbohydrates

Garlic Free
No Garlic

Diabetic Friendly
75g or less of carbohydrate per portion

Sodium Sensitive
500mg or less of sodium

Renal Friendly
800mg or less of potassium

Weight Management
Under 500 calories and under 50 grams of carbohydrate

Dairy Free
No dairy or lactose