



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

- APPLE BEEF BRISKET**
 Slices of tender beef, slow braised with an apple glaze served with cauliflower cheddar gratin with zesty crumb topping. \$15.99
- 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
- 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
- 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
- GARLIC BUTTER SCROD**
 A lovely white fish with garlic "butter" served with herbed Yukon Gold baby potatoes and baby green beans. \$15.99
- 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
- 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
- LAMB STEW**
 Rustic and hearty lamb stew with carrots, onions, plum tomatoes, and white beans. \$13.99
- 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
- PORK & ITALIAN SAUSAGE STEW**
 Our house made Italian sausage and chunky pork simmered with basil, garlic and tomatoes, served with Parmesan polenta..... \$11.99
- PORK SCHNITZEL**
 Breaded pork cutlets topped with lemon, dill sour cream served with carrots, wax beans, and German rice..... \$13.99
- 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
- SALMON PATTIES**
 We broke out Grandma's recipe for this one complete with a wedge of lemon, steamed potatoes and minted peas..... \$14.99
- 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
- SHORT RIBS**
 Slow braised short ribs simmered until tender, served with twice baked potato and green beans. \$17.99
- SHRIMP FRIED RICE**
 Stir fried ginger, garlic and brown rice loaded with broccoli, peppers, carrots, egg, and asparagus tossed with sweet shrimp \$14.99
- 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
- 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