

SOUPS

- BEEF BARLEY** A comforting hearty bowl of soup made with carrots, celery, onions, lean beef, and pearl barley..... **\$6.99**
- MINISTRONE** A symphony of vegetables married to pasta and beans in an ocean of rich vegetable broth..... **\$6.99**

SALADS

- CRISPY GARDEN**
Iceberg lettuce, leafy baby greens, tomatoes, shredded carrots, cucumber, shaved red onion and our homemade Italian dressing **\$8.99**
- CLASSIC SPINACH**
Fresh baby spinach, tomatoes, bacon, hard cooked egg, mushroom, red onion, and our house made honey mustard vinaigrette..... **\$8.99**

BAKERY

- BLUEBERRY MUFFINS**
Fluffy, sweet, and delicate muffin loaded with blueberries. Packaged as 1/2 dz..... **\$7.99**
- BANANA STREUSEL**
Lovely, moist banana muffins that will knock your socks off, but the streusel topping is really what steals the show! Packaged as 1/2 dz..... **\$7.99**
- MIMOSA**
A classic muffin livened up for the new year with orange and Champagne. Packaged as 1/2 dz..... **\$7.99**

DESSERTS

- CHOCOLATE BROWNIES**
Dense and chewy with rich chocolate..... **\$6.99**
- PINEAPPLE CRUMB CAKE**
Chunks of juicy, caramelized pineapple studded throughout moist coffee cake, adding bright, fruity notes to the tender crumb. Topped with candied and ground ginger infused streusel..... **\$6.99**



ENTREES

- 1. APRICOT GLAZED SALMON** Atlantic salmon with apricot glaze, fragrant scallion jasmine rice studded with sugar snap peas, and asparagus..... **\$15.99**
- 2. BAKED CHICKEN SAUSAGE PASTA** Creamy garlic sauce covers curly pasta with chunks of sweet Italian chicken sausage, roasted butternut, mushrooms, and sage tossed with Asiago cheese. **\$10.99**
- 3. BEEF STEW A LA MODE** This modern version of a classic is filled with choice beef, slowly simmered with bacon, carrots, and onions in a rich, aromatic sauce served with mashed potatoes..... **\$13.99**
- 4. BEEFSTEAK AND POTATOES** Tender braised beef, slow cooked until fork tender, served with rich red wine sauce, baked stuffed potato and tender green beans.. **\$13.99**
- 5. CHEDDAR, APPLE, SAUSAGE QUESADILLAS** Skillet grilled and loaded with house made sausage, sautéed apples, and sharp cheddar, this taste sensation is great morning, noon, or night..... **\$10.99**
- 6. CLAM AND COD CHOWDER** This thick and hearty seafood stew is loaded with potatoes, clams, fish, and bacon. Perfect to warm you up on these cool winter nights!..... **\$12.99**
- 7. HUNGARIAN PORK PAPRIKASH** Tender pork sirloin stew with sweet peppers, Hungarian paprika, and finished with sour cream served over buttered egg noodles and cauliflower..... **\$10.99**
- 8. LAMB POT ROAST WITH ONIONS AND THYME** Melt in your mouth tender, boneless leg of lamb simmered with red wine served with roasted baby potatoes, carrots, and parsnips..... **\$16.99**
- 9. MEATLOAF WITH WILD MUSHROOM SAUCE** Fresh ground beef, pork, and veal mixed with sautéed leeks and cheddar cheese baked into a tasty loaf. Topped with a homemade three wild mushroom gravy and served with asparagus wild rice pilaf..... **\$11.99**
- 10. RIGATONI BOLOGNESE** Rigatoni pasta soaks up the flavors of a meatless Bolognese full of roasted vegetables, tomatoes, and topped with Parmesan..... **\$10.99**
- 11. SEAFOOD LASAGNA** Creamy layers of pasta with shrimp, salmon, crab, and fish baked perfectly for a taste of summer on these chilly nights!..... **\$16.99**
- 12. SHRIMP AND SCALLOPS ROCKEFELLER** Plump shrimp and delicate scallops with creamy spinach sauce under a bed of buttery toasted crumbs, served with spaghetti squash..... **\$17.99**
- 13. SMOKED PORK TENDERLOIN** House smoked pork tenderloin, pan roasted with a sweet and tangy maple, mustard glaze. Accompanied with roasted root vegetables, onions, and Brussels sprouts. **\$12.99**
- 14. SOUTHERN CHICKEN STEW** A classic, Brunswick stew that is perfect for this cold weather. Chunks of chicken simmered in a savory sauce studded with sweet onion, tomato, corn, and lucky black-eyed peas. Served with healthy, whole grain brown rice..... **\$13.99**
- 15. STUFFED CHICKEN BREAST** Lean, chicken breast stuffed with cornbread, apples, and cranberries. Smothered with a thyme reduction sauce and accompanied with calico rice pilaf, steamed broccoli, and cauliflower..... **\$12.99**
- 16. TURKEY WITH CRANBERRY GRAVY** Sliced, tender white meat turkey breast topped with fresh cranberry, apricot gravy. Served with whipped sweet potatoes, steamed broccoli, and cauliflower.. **\$12.99**
- 17. UNSTUFFED CABBAGE LASAGNA** All the love of stuffed cabbage in a comforting lasagna. Vegetarian “hamburger” crumbles layered together slow baked to perfection with a tangy tomato sauce..... **\$10.99**
- 18. WINTER VEGETABLE STEW** This hearty stew is loaded with sweet root vegetables, aromatic herbs, and spices over homemade sautéed spaetzle dumplings. **\$9.99**

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

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..... **\$6.99**
- 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**