

July 2019

Weekly Fresh Menu

CLOSED: Week of July 2nd

S= Single Serving
T= Twin ~ 2 Servings
F= Family ~ 5-6 Servings



Week of July 9th

- Baked Haddock with Garden Ratatouille** (D)(GF)(K)(SS)(WM) S 9.99
(Special Order Dairy Free without Cheese) T 18.99
(Wheat Free without Couscous) F 36.99
Pan poached with a garden of tasty veggies; zucchini, eggplant, summer squash and olives finished with Parmesan cheese.
 - Beef and Broccoli Stir Fry** (DF)(D)(GF)(SS)(WF) S 8.99
A tasty dish with tender beef tossed with broccoli and veggies served over rice. T 16.99
F 33.99
 - Holy Molé Chicken Chili** (D)(GF)(GF)(SS)(WM) S 7.99
(Special Order Dairy Free without Cheese) T 15.99
A great summer chicken chili with a touch of cocoa, tomatoes, warm spices, topped with cheddar cheese served over rice and beans. F 31.99
 - Meatballs for Life** (NEW)(D)(GF)(SS)(V)(WM)(WF) S 8.99
These tasty meatballs are a real vegetarian meatball served with our famous zoodles, topped with house made marinara and spinach pesto. T 16.99
F 33.99
 - Swedish Meatloaf** (DF)(D)(GF)(SS) S 9.99
Traditionally a meatball we transformed into a tasty loaf with a sweet, tangy glaze served with roasted broccoli and sautéed mushrooms. T 18.99
F 36.99
- SOUP: Cold Cucumber Soup** (D)(V)(WM)(WF) 5.99
Delicate and creamy, flavored with yogurt and dill.
- DO NOT FREEZE -
- SALAD: Spinach Salad** 6.99
Spinach, tomatoes, mozzarella cheese and a balsamic vinaigrette.
- MUFFINS: Vanilla Bean Muffins ½ dz** 6.99
DESSERT: Funfetti Cake 5.99

Week of July 23rd

- Cherry Cola BBQ Chicken** (D)(GF)(GF)(SS)(WF) S 7.99
(Special Order Dairy Free without Mashed) T 15.99
Roasted chicken breast rubbed with a tangy homemade BBQ sauce, served with scallion mashed potatoes and sautéed green beans. F 31.99
 - Seared Tilapia with Pineapple Salsa** (DF)(D)(GF)(GF)(SS)(WF) S 9.99
Seared tilapia with pineapple and mango salsa, brown rice and a sugar snap pea salad with chick peas and cherries. T 18.99
F 36.99
 - Taco Lasagna** (D)(GF)(SS)(WF) S 8.99
Beefy layers baked with a creamy, mild green sauce, cheddar jack cheese and corn tortillas. T 16.99
F 33.99
 - Turkey and Sweet Potato Skillet** (D)(GF)(GF)(SS)(WF) S 7.99
Hearty and nutritious, this comfort food egg dish has roasted sweet potatoes, ground turkey, corn, beans, scallions, peppers and mozzarella. T 15.99
F 31.99
 - Zoodles Lo Mein** (DF)(D)(GF)(GF)(SS)(V)(V)(WM)(WF) S 7.99
A traditional Lo Mein made with the lively addition of zucchini noodles studded with crunchy stir fry vegetables! T 15.99
F 31.99
- SOUP: Italian Bread Soup** (D)(V)(WF) 5.99
A light summer soup with lots of vegetables, beans, bread, greens, herbs and Parmesan cheese.
- SALAD: Spinach Party Salad** 6.99
Spinach, red onions, carrots, cucumbers, red cabbage, golden raisins and a honey lime vinaigrette.
- MUFFINS: Apple Strudel Muffins ½ dz** 6.99
DESSERT: Brown Eyed Susan Cake 5.99

Week of July 16th

- Apple BBQ Pulled Turkey** (DF)(GF)(WF) S 7.99
Lean turkey rubbed with delicate spices, slow cooked, served with baked beans and veggies. T 15.99
F 31.99
 - Chicken Meatloaf** (D)(GF)(GF)(SS)(WF) S 8.99
House ground chicken and turkey ham with ricotta and Romano cheese, garlic and herbs served with green beans and half sweet mashed potatoes. T 16.99
F 33.99
 - Garlic Crusted Cod** (DF)(D)(GF)(SS)(WM) S 9.99
(Special Order Gluten Free Crumbs) T 18.99
Simple and delicious cod with toasty golden crumb topping served over spaghetti squash. F 36.99
 - Ratatouille Stuffed Shells** (D)(GF)(K)(SS)(V)(WM) S 8.99
Bursting with summer vegetables, ricotta and mozzarella cheese baked with our house made marinara sauce. T 16.99
F 33.99
 - Summer Cottage Pie** (D)(GF)(GF)(SS)(WM)(WF) S 8.99
Under a creamy layer of south beach "mashed potatoes" is delicious local summer vegetables and ground beef. T 16.99
F 33.99
- SOUP: Shrimp and Corn Bisque** (D)(GF)(GF)(K)(SS)(WM)(WF) 5.99
A rich and creamy soup with fresh corn off the cob and petite shrimp.
- SALAD: Romaine and Radicchio Salad** 6.99
Lettuce, radicchio, red onion, radishes, carrots and a honey, cider, dijon vinaigrette.
- MUFFINS: Mocha Chocolate Chip Muffins ½ dz** 6.99
DESSERT: Tropical Fruit Cake 5.99

Week of July 30th

- Basil Pesto Flounder with Tomato Rice** (D)(GF)(WF) S 9.99
A delicate fish crusted with basil purée and golden crumbs served over tomato, mascarpone risotto. T 18.99
F 36.99
 - Beefy Macaroni and Cheddar** S 8.99
This mac and cheese has it all. Baked and bubbly with ground beef, onions, tomatoes, peppers, herbs and spices. Delicious! T 16.99
F 33.99
 - Garden Vegetable Turkey Meatloaf** (D)(GF)(SS) S 7.99
A delicious lower fat meatloaf with lots of summer vegetables and herbs baked right in. T 15.99
F 31.99
 - Moussaka** (NEW)(D)(GF)(K)(SS)(V)(WM)(WF) S 7.99
Irresistible, layers of eggplant, ground lentils and chickpeas topped with rustic vegetarian tomato sauce. This dish screams summer! T 15.99
F 31.99
 - Smokey Chicken and Summer Potato Salad** (D)(GF)(GF)(SS)(WF) Served Cold -DO NOT FREEZE- S 8.99
A smokey, chicken salad with baby potatoes, tomatoes and fresh corn off the cob served over arugula. T 16.99
F 33.99
- SOUP: Chilled Corn Soup with Lobster** (NEW)(D)(GF)(SS)(WF) 5.99
A creamy, sweet corn purée loaded with hunks of fresh lobster then finished with tarragon.
- SALAD: Broccoli Pasta Salad** (NEW) 6.99
Bell flower pasta tossed with broccoli florets and cherry tomatoes over greens with a dijon white wine vinaigrette.
- MUFFINS: Peach Crumb Muffins ½ dz** 6.99
DESSERT: Honey Banana Cake 5.99