

June 8 - 29, 2021 Weekly Fresh Menu

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



Week of June 8th

- Apple BBQ Pulled Turkey** S 8.99
Lean turkey rubbed with delicate spices, slow cooked, served with sweet baked beans and sautéed cabbage. T 16.99 F 33.99
- Basil Pesto Flounder** S 9.99
A delicate fish crusted with basil purée and golden crumbs served over roasted tomato, mascarpone risotto. T 18.99 F 36.99
- Braised Asian Short Ribs** S 9.99
Slow cooked with soy, ginger, garlic and five spice, over rice noodles with baby bok choy. T 18.99 F 36.99
- Chicken Croquettes** S 8.99
A lightened-up version with a lemon chive sauce, served with our sautéed summer vegetables including carrots, onions, peppers, zucchini and summer squash. T 16.99 F 33.99
- Roasted Asparagus and Tomato Pasta** S 8.99
Roasted asparagus tossed together with goat cheese, bell flower pasta, bright lemon vinaigrette and arugula. This dish is great warm or cold! T 16.99 F 33.99

SOUP: Roasted Summer Vegetable Soup

5.99
Thick and puréed roasted tomatoes, sweet peppers, squash, garlic and onions with a little creaminess and basil finish.

SALAD: Summer Power Crunch Salad

Artisan blend lettuce, chickpeas, kale, yellow peppers, feta cheese, radishes and an herb vinaigrette. 8.99

MUFFINS: Peach Muffins ½ dz 6.99

DESSERT: Midnight Blueberry Brownies 5.99

Week of June 15th

- Bacon, Corn and Cheese Stuffed Pork** S 8.99
Cheddar cheese, corn and bacon stuffed boneless pork chops with maple whipped sweet potatoes, green beans, wax beans and carrots. T 16.99 F 33.99
- Barbeque Beefy Meatballs** S 9.99
They're back....Homemade meatballs smothered in a tangy BBQ sauce and served with mashed potatoes, broccoli, cauliflower and carrots. T 18.99 F 36.99
- Chicken Francesca** S 8.99
Boneless chicken breast sautéed with lemon, white wine, garlic and tomato with baked polenta and tri-color cauliflower. T 16.99 F 33.99
- Seafood Quiche** S 9.99
Clean eating at its finest! This quiche is made with our famous spaghetti squash crust studded with shrimp, scallops, crab, tomato, asparagus and Monterey Jack cheese. T 18.99 F 36.99
- Spinach Pie** (Contains Seeds) S 8.99
A traditional Greek Spanakopita filled with spinach, feta, Parmesan, onions and sunflower seeds with a phyllo blanket on top. T 16.99 F 33.99

SOUP: Spring Asparagus Soup with Leeks

5.99
Puréed asparagus simmered with a bit of rice and leeks create this creamy, comforting and HEALTHY Spring soup!

SALAD: Summer Salad 8.99
Spinach, arugula, cucumber, red onion and a white wine dijon dill vinaigrette.

MUFFINS: Banana Bran Muffins ½ dz 6.99

DESSERT: Donut Cake 5.99

Week of June 22nd

- Balsamic Chicken Breast** S 8.99
Marinated chicken breast, pan roasted with aged balsamic served with shallot mashed potatoes and corn sauté. T 16.99 F 33.99
- Caribbean Island Chili** S 8.99
Delicious pork chili made with paprika, clove and allspice with a touch of rum and beer. Served over mashed plantain sweet potatoes. T 16.99 F 33.99
- Garlic Butter Steak Bites** S 9.99
Extra lean beef, pan seared with garlic and butter accompanied by roasted potatoes and steamed broccoli. T 18.99 F 36.99
- Tomato Mango Sole** S 9.99
Sweet tomato mango sauce tops a tender fish fillet with basmati rice and summer vegetable medley including broccoli, carrots, green beans and peppers. T 18.99 F 36.99
- Vegetable Lo Mein** S 8.99
Rice noodles in a full flavored low sodium brown sauce and loaded with broccoli, cabbage, mushrooms, peppers, onions and snow peas. T 16.99 F 33.99

SOUP: Stuffed Cabbage Soup

5.99
This UN-stuffed cabbage soup is hearty, filling and the perfect choice for an easy dinner option. So grab two!

SALAD: Garden Green Salad

Artisan lettuce, tomatoes, cucumbers, Bleu cheese, red onions and a garlicky red wine vinaigrette. 8.99

MUFFINS: Very Berry Oatmeal Muffins ½ dz 6.99

DESSERT: Funfetti Cake with Frosting 5.99

Week of June 29th

- Chicken Meatloaf** S 8.99
House ground chicken and turkey ham with ricotta and Romano cheese, garlic and herbs served with summer squash, zucchini, green beans, red peppers, tomatoes, onions and spinach medley. T 16.99 F 33.99
- Country Style Pork Ribs** S 9.99
Lean, country style ribs smothered with smoky, sweet sauce served with German potato salad and garlic tossed green beans. T 18.99 F 36.99
- Garlic Crusted Cod** S 9.99
(Special Order Crumbs) T 18.99 F 36.99
Simple and delicious cod with toasted golden crumb topping served over spaghetti squash.
- Ratatouille Stuffed Shells** S 8.99
Bursting with summer vegetables, ricotta and mozzarella cheese baked with our house made marinara sauce. T 16.99 F 33.99
- Zinfandel Beef Brisket** S 9.99
Tender, beef brisket simmered in red wine with onions and carrots served with roasted sweet potatoes, spinach and red onions. T 18.99 F 36.99

SOUP: Shrimp and Corn Bisque

5.99
A rich and creamy soup with fresh corn off the cob and petite shrimp.

SALAD: Rainbow Chopped Salad

Spinach, baby kale, chopped carrots, peppers, tomatoes, green onions, red cabbage, fresh mozzarella and white balsamic vinaigrette. 8.99

MUFFINS: Mocha Chocolate Chip Muffins ½ dz 6.99

DESSERT: Strawberry Rhubarb Crumb Cake 5.99