


SOUPS

ITALIAN TORTELLINI VEGETABLE SOUP
 Chunky and loaded with colorful vegetables and plump cheese pasta..... \$6.99

LENTIL, SAUSAGE & SPINACH SOUP
 Our house made sweet, Italian pork sausage steals the show in this hearty soup..... \$6.99

SALADS

COMPANY GREEN SALAD
 Leaf lettuces, carrots, peppers, scallions, candied sunflower seeds, and crunchy chow Mein noodles with a sweet rice wine dressing \$8.99

IRISH PUB SALAD
 Spinach and Arcadian lettuces, beets, cucumber, hardboiled egg, carrots, green beans, cheddar cheese and a creamy tarragon dressing..... \$8.99

BAKERY

Packaged as 1/2 dz. / \$7.99

BLUEBERRY MUFFINS
 Fluffy, sweet, and delicate muffin loaded with blueberries.

BUTTERMILK RAISIN BRAN MUFFINS
 Buttermilk and raisins make this high fiber muffin

TRIPLE BERRY CRUMB MUFFINS
 These muffins are loaded with strawberries, blueberries, raspberries and are sure to bring spring right to your table!

DESSERTS

IRISH APPLE CAKE
 A light sponge cake overflowing with apples with cinnamon and a hint of nutmeg. \$6.99


WHITE VELVET CAKE
 Everyone knows Red Velvet Cake, now we would like you to meet White Velvet Cake. This is a sweet, white velvet cake with white buttercream. \$6.99


IRISH SODA BREAD THIS MONTH ONLY
 Chef Paul's Irish Soda Bread is sweet and tender with buttermilk, rum, golden raisins, and house made candied orange peel..... \$6.99




ENTREES


1. BBQ SALMON WITH CORN SALSA
 Salmon rubbed with a sprinkle of spices, pan fried with a sweet BBQ glaze. Served with broccoli and confetti rice studded with baby spinach, Craisins and zucchini, and corn salsa. \$15.99

2. CORNED BEEF HASH
 We've corned our own beef for you! NO nitrates, just full flavor, topped with baked egg and cheddar \$14.99

3. CRAB & SHRIMP STUFFED SOLE
 Delicate white fish rolled around a shrimp and crab stuffed, served with sautéed asparagus and peas..... \$15.99

4. CREAMY GARLIC SPAGHETTI
 A light spring pasta that will fill you up without the guilt! Spaghetti smothered in a creamy garlic butter sauce studded with chunks of ham, and bright peas..... \$9.99


5. FARMER'S STYLE CHICKEN
 Tender chicken simmered with onions, tri-colored peppers, carrots, tomatoes, and herbs served with rosemary steak fries. \$10.99


6. FOUR CHEESE LASAGNA
 Baked until bubbly, golden and delicious with homemade marinara and four cheeses. Served with steamed broccoli \$9.99


7. GARLIC PARMESAN CHICKEN TENDERS
 A classic done the healthier "October Kitchen" way. Chicken breast coated in garlic Parmesan breading, smothered in house made marinara and served with roasted squash, peppers and cauliflower..... \$12.99


8. GENERAL TSO'S SHRIMP
 Perfectly cooked shrimp, broccolini, and carrots smothered in a delicious sauce with a lot less fat and sodium served over fluffy rice. \$15.99

9. HONEY TERIYAKI PORK
 Tender stir-fried pork tenderloin in homemade honey, teriyaki sauce with stir fried peppers, broccoli, served over rice and topped with scallions..... \$11.99


10. IRISH BEEF STEW
 Dark beer sauce makes this robust beef melt in your mouth, loaded with potatoes, carrots, and onions..... \$14.99


11. IRISH SCALLOP AND COD PIE
 Sweet fish and scallops under a fluffy chive potato crust tossed with peas and scallions. \$16.99


12. LAMB RAGU
 Tender lamb shank falling apart in juicy tomato sauce served over fresh pappardelle pasta \$15.99

13. MOUSSAKA
 Layers of roasted eggplant, aromatic tomato sauce with vegetarian meatless crumbles baked under a decadent cheese sauce..... \$9.99

14. PHILLY CHEESESTEAK SKILLET
 Shaved rib-eye steak, loaded with sautéed peppers, onions, mushrooms, and finished with creamy melted mozzarella cheese served with a dinner roll. Served with a side of steamed broccoli. \$14.99

15. PULLED PORK
 House made BBQ pulled pork with a sweet Carolina sauce served with brown rice studded with black beans, carrots, sweet red peppers, corn, and onions. \$11.99

16. SPICED HONEY LIME CHICKEN
 Chicken breast marinated in lime, garlic, and honey creates this sweet, smoky and slightly spicy flavor served with white rice and steamed baby green beans. \$12.99

17. TURKEY MEATBALLS
 Mom's best turkey meatball recipe in homemade turkey gravy served with fluffy mashed potatoes and cape cod vegetable medley studded with cranberries..... \$11.99


18. VEGETARIAN CHILI PIE
 A vegetarian comfort classic that is hearty and full of flavor! Vegetarian chili loaded with zucchini, beans, sweet potatoes, peppers, and quinoa baked under a sweet cheddar cornbread blanket \$9.99




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