



SOUPS

BY THE PINT

CHICKEN TORTELLINI

D **HF** **SS** **WM** A delicious and comforting soup made with great flavor and technique. 7

CHILLED GAZPACHO

DF **D** **HF** **LC** **SS** **V** **WM** **WF** A robust and substantial cold summer vegetable soup. **Served COLD DO NOT FREEZE.** 7

TOTALLY HEALING CHICKEN SOUP

Old fashioned and made from scratch with toasted orzo **DF** **D** **HF** **LC** **SS** **WM** noodles and lots of veggies. It will cure what ails you! 7

EXTRAS

OCTOBER KITCHEN INSULATED TOTE

Super-useful, multi-purpose tote! Our insulated cooler tote measures 13 x 15 x 10 with a zipper closure and bottom stabilizer for extra strength and durability. 6

OCTOBER KITCHEN REUSABLE BAG

Nowadays reusable bags are the alternative to paper and plastic bags. They are highly useful for day to day errands and on the other hand you can also play your part in conserving the environment! We are now offering our cloth reusable tote in our famous October Orange! 2

OCTOBER KITCHEN LUNCH BAG

Perfect size for lunch on the go! Available in October Orange. 4

OCTOBER KITCHEN FINGER MITT

Finger Mitt protects your hand with a thumb and finger pocket. Easy fit for all! 2

MICROWAVE DOME

No more microwave messes! Large, domed vented microwave cover fits over most dishes for splatter-free microwave cooking. Plastic. Dishwasher safe. 10" dia. x 4 1/2" H 4

BENSON'S SALT FREE TABLE SALT

You won't find any other Salt Free Substitute that boasts as many attributes as this one. Salt Free, Sugar Free, Gluten Free, No MSG's, but most importantly NO Potassium and NO aftertaste! Try one for yourself and see what the kitchen is raving about! 13



ENTREES

BEEF & LAMB—

3. CLASSIC CHEESEBURGER

D **HF** **HF** **SS** **WM** Classic cheddar cheeseburger topped with our house made burger relish and served with rosemary steak fries. 12

4. DEVILED ROUND STEAK

D **HF** **HF** **SS** **WM** **WF** Delicious beefsteak simmered until tender and seasoned so there's "just a little zip" topped with bacon, onion gravy served with mashed potatoes and baby carrots. 14

5. FIRECRACKER BEEF BOWL

DF **D** **HF** **R** **SS** **WM** **WF** Lean beef with sweet & tangy glaze with arugula, rice, carrots, radish, cucumber, scallions, and sesame seeds. 13

PORK—

6. PORK PICCATA

D **HF** **SS** **WM** **WF** Pork loin cutlet sauteed with a lemon, caper white wine sauce served with garlic sauteed kale and mashed potatoes. 11

7. CHINESE PLUM PORK

DF **D** **HF** **SS** **WF** Roasted pork tenderloin with the perfect complement of plums served with Jasmine rice and stir-fried vegetables. 11

8. TACOS CARNITAS

D **HF** **WF** Shredded pork, sauteed with onion and spices to make a classic Carnitas! Topped with fresh salsa, Monterey Jack cheese, tortilla strips, and pickled red onions. Served with spice rubbed grilled corn. 11

POULTRY—

9. ASPARAGUS & SWISS STUFFED CHICKEN

D **HF** **HF** **SS** **WM** **WF** Chicken breast layered with sliced ham, asparagus, and Swiss cheese roasted until golden, brown, and delicious. Served with a side of buttered green beans, and oven roasted fingerling potatoes. 12

10. ASIAN CRUNCHY CHICKEN SALAD

DF **D** **HF** **LC** **SS** **WM** **WF** Shredded chicken mixed with Napa cabbage, carrots, red onion, cilantro, mint, and toasted sunflower seeds tossed in a bright, sweet & savory dressing. 13

Featured

1. BBQ SMOKED BEEF

D **HF** **SS** **WF** Slow smoked beef roast drizzled with our tangy house made BBQ sauce and slow smoked in the oven. Served with mashed potatoes and corn sauté. 14

2. BAKED CHICKEN LEG

D **HF** **HF** **SS** **WF** Chicken quarters rubbed in our special house made poultry spice blend, oven roasted to perfection. Accompanied by baby potato salad, arugula, black beans, sweet corn, bacon bits, and studded with tomatoes. 10

11. SPINACH & RICOTTA TURKEY MEATLOAF

D **HF** **SS** Turkey meatloaf with the lovely addition of spinach, fluffy ricotta, and mozzarella cheese. Served with roasted rosemary steak fries, creamy garlic spinach & topped with our house made marinara. 10

SEAFOOD—

12. SUMMER SALMON

DF **D** **HF** **SS** **WF** Baked salmon glazed with tart cherry barbeque sauce served with rice, sugar snap peas, kale, mangos, and honey, soy vinaigrette. 15

13. CRAB & COD CAKES

DF **D** **HF** **HF** **SS** **WM** Crab and cod creates the base of these tasty seafood patties. Topped

with fresh, chunky tomato salsa, and served with roasted sugar snap peas, and bell pepper salad. 13

14. HADDOCK WITH GARDEN RATATOUILLE

D **HF** **R** **SS** **WM** Pan poached with a garden of tasty vegetables; zucchini, eggplant, summer squash and basil finished with Parmesan cheese. 14

15. SHRIMP PRIMAVERA

DF **D** **HF** **R** **SS** **WM** Plump shrimp with julienned squash, peas, carrots, broccoli, asparagus, garlic, and parsley served over angel hair pasta with Parmesan cream sauce. 12

VEGETARIAN—

16. EGGPLANT BOLOGNESE

D **HF** **R** **SS** **V** Served with wide noodles and ribbons of summer squash, this vegetarian pasta will satisfy everyone at the table! 10

17. PROTEIN POWER BURRITO

D **HF** **V** Black beans, zucchini, red peppers, green peppers, feta cheese, sour cream, scallions, rice, salsa, all rolled in a flour tortilla. Served with a side of fresh lime. 12

18. RATATOUILLE STUFFED SHELLS

D **R** **V** Bursting with summer vegetables, ricotta and mozzarella cheese baked with our house made marinara sauce. 10

DIETARY KEY

HF Heart Friendly
600mg or less of sodium/fat less than 30% DV (Daily Value)

WF Wheat Free
No wheat or gluten containing ingredients. Meals are not made in a dedicated gluten-free kitchen

V Vegetarian
May include dairy and eggs

LC Low Carb
25mg or less of net carbohydrates

GF Garlic Free
No Garlic

D Diabetic Friendly
75g or less of carbohydrate per portion

SS Sodium Sensitive
500mg or less of sodium

R Renal Friendly
800mg or less of potassium

WM Weight Management
Under 500 calories and under 50 grams of carbohydrate

DF Dairy Free
No dairy or lactose

BAKERY

Featured

APPLE PIE MUFFINS

Cinnamon muffins studded with diced apples. Packaged as 1/2 dz. 8

BLUEBERRY MUFFINS

Fluffy, sweet, and delicate muffin loaded with blueberries. Packaged as 1/2 dz. 8

VANILLA BEAN MUFFINS

Light and fresh muffin, with real vanilla bean and Greek yogurt. Packaged as 1/2 dz. 8

CINNAMON COFFEE CAKE

A brown sugar, cinnamon coffee cake made with Greek yogurt for extra protein and less fat!. 6

PEACH, RASPBERRY CRUMB BARS

Peach and raspberries studded in a light cake, with a lovely crumble topping. 6

CHOCOLATE CHIP COOKIES

Homemade, chunky, chocolate chip cookies. Packaged as 1/2 dozen. 8

SUGAR FREE LEMON DROP COOKIES

NO after taste-NO artificial anything; we used Lakanto monk fruit sugar in substitute of traditional white sugar. These delicate lemon cookies are studded with white chocolate chips. They will be your new favorite NON - guilty pleasure! Packaged as 1/2 dozen. 8

OATMEAL CHERRY CHOCOLATE CRUNCH COOKIES

Chewy, oatmeal cookies with cherries, white chocolate chips and a little crunch. Packaged as 1/2 dozen. 9

SUMMER STRAWBERRY CRISP **WF**

You would never know that this treat is reduced sugar and gluten free! Made with sweet strawberries and apples with a crispy oat topping. 9

KETO CHOCOLATE CAKE **D** **HF** **R** **SS** **V** **WF**

This tasty cake is Gluten Free and Sugar Free sweetened with Lakanto monk fruit sugar substitute, coconut flour and Dutch cocoa. This premium cake is a deliciously, unique treat 13

LOW FAT CARROT CAKE

You asked...we listened! Everyone's favorite dessert is now ALWAYS available! A lower fat traditional carrot cake with cream cheese frosting 9

