



# SOUPS

**CREAMY CHICKEN, BACON, AND CORN CHOWDER** A thick and rich soup simmered with onion, celery, carrots, and summer savory..... \$6.99

**HEARTY VEGETABLE SOUP WITH BASIL PESTO** A spring vegetable and bean soup with a dollop of "nut free" basil pesto..... \$6.99



# SALADS

**EGGLESS CAESAR**  
Romaine lettuce, shaved Parmesan cheese and a homemade eggless Caesar dressing ..... \$8.99

**SOUTHERN COBB**  
A Southern Cobb salad type dressing with tomatoes, chickpeas, egg, cheddar cheese and extra crunchy veggies and leaf lettuces..... \$8.99



# BAKERY

**BLUEBERRY MUFFINS** ..... \$7.99  
**COFFEE CAKE MUFFINS** ..... \$7.99  
**HONEY OAT MUFFINS** ..... \$7.99



# DESSERTS

**PEACH, BLUEBERRY CAKE** ..... \$6.99  
**VANILLA CAKE WITH CHOCOLATE FROSTING** ..... \$6.99



# ENTREES

**1. BAGEL AND LOX STRATA**  
 We've taken the classic flavors of multigrain bagels, cream cheese, broccoli, and smoked salmon and turned them into this breakfast casserole..... \$14.99

**2. BALSAMIC SHREDDED BEEF** Fork tender, melt in your mouth beef accompanied by rosemary roasted sweet potatoes with honey butter and cauliflower.... \$13.99

**3. BLUE RIBBON BURRITO**  
 Flour tortilla loaded with seasoned beef, rice, beans topped with Cheddar and sour cream with fire roasted corn hash with tomatoes and zucchini..... \$10.99

**4. CHICKEN DIVAN**  
 Tender poached chicken and broccoli with a delicate sherry Parmesan white sauce tops egg noodles..... \$9.99

**5. CHICKEN MEATBALLS WITH SPAGHETTI**  
 Fresh marinara, whole grain spaghetti and grilled squash tossed with homemade meatballs..... \$9.99

**6. EGGPLANT CAKES**  
 Eggplant mousse sandwiched between two slices of eggplant and pan baked, topped with ricotta cheese and served over toasted orzo pasta and quinoa with basil pesto, spinach and roasted tomatoes..... \$10.99

**7. GARLIC PARMESAN FLOUNDER**  
 Crispy crunchy flounder fillets over pasta pearls and sautéed summer squash..... \$12.99

**8. HAM AND CHEESE STUFFED PORK**  
 Always a favorite! Lean pork loin rolled around a ham and cheese center with fresh sage and pan gravy. Served with wild rice pilaf and green beans..... \$11.99

**9. ITALIAN STUFFED FLANK STEAK**  
 Tender flank steak rolled around a tasty stuffing with prosciutto, spinach, red peppers and Parmesan cheese. Served with garlic mashed potatoes and vegetable medley including broccoli, green beans, carrots, red peppers and yellow peppers..... \$12.99

**10. MR. KELLEY'S SALMON** Mr. Kelley was a long time regular, who use to always ask us to make his special salmon. In honor of his memory, we are adding his dish to our menu this month for everyone to enjoy! Poached salmon fillet, served with mashed sweet potato, and green beans tossed with roasted grape tomatoes and sautéed leeks..... \$13.99

**11. OAT CRUSTED CHICKEN**  
 Air fried chicken breast with seasoned oat crust with honey mustard dipping sauce, steamed broccoli, and lemon chickpea sauté..... \$11.99

**12. PORK STROGANOFF**  
 We've made healthy substitutions for a reduced fat version with pork and just a hint of dill served with steamed potatoes and buttered peas with leeks..... \$10.99

**13. PULLED PORK FRIED RICE**  
 Pan fried brown rice, carrots, mushrooms, cabbage, peas and scallions tossed with barbecued pulled pork and fried egg..... \$10.99

**14. SHRIMP AND ASPARAGUS FRITTATA**  
 Shrimp and fluffy eggs baked with asparagus, white beans, chives, leeks, parmesan, and ricotta..... \$10.99

**15. SUMMER VEGETABLE LASAGNA**  
 Layers of fresh roasted veggies, cheese, herbs and a fresh plum tomato sauce baked into a delightful summery meal..... \$9.99

**16. TURKEY CUTLETS WITH FONTINA**  
 Tender white meat turkey cutlets, pan air fried topped with sage and cheese and topped with a natural pan sauce over risotto with sautéed asparagus..... \$13.99

**17. TWO POTATO HASH**  
 Two poached eggs top hearty, air-fried sweet potatoes, loaded with colorful vegetables, flavorful turkey chorizo sausage and healthy sautéed greens..... \$9.99

**18. VEAL BOLOGNESE**  
 Rich meat sauce over wide fresh noodles and zucchini noodles topped with Parmesan cheese..... \$10.99

**19. VEGETABLE LO MEIN**  
 Rice noodles tossed in a full-flavored low sodium brown sauce loaded with broccoli, cabbage, mushrooms, peppers, onions, and snow peas..... \$9.99

**20. VEGETABLE MEATLOAF**  
 A bright vegetarian "meatloaf" full of protein, made with onions, mushrooms, bell peppers, herbs and breadcrumbs and flavor finished with veggie gravy and sesame ginger cauliflower..... \$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 ..... \$3.99

**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.....\$6.99

**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.....\$3.99 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.....\$5.99

**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.....\$5.99

**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.....\$3.99 by the pint.....\$6.99

**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.....\$4.99 by the pint.....\$8.99

**FRUIT SALAD**  
Fresh cut fruit served in their own juices.  
by the pint.....\$4.99 by the quart.....\$8.99

**CHOCOLATE CHIP COOKIES**  
Homemade, chunky, chocolate chip cookies. 1/2 dz..... \$6.99

## 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