

SOUPS

BUTTERNUT BISQUE

A creamy and delicious purée with fall spices, honey, and warm delights. \$6.99

FULLY LOADED POTATO

A year-round favorite, with bacon bits, cheddar, and scallions. Perfect for a warm lunch on a cold day. \$6.99

MUSHROOM BARLEY

Built on a robust vegetable broth with toasted barley and mushrooms. \$6.99

SALADS

CRUNCHY GREEN SALAD

Artisan lettuce, carrots, celery, chickpeas, tomatoes, yellow peppers, and a balsamic vinaigrette. \$8.99

HARVEST SPINACH SALAD

Baby spinach, carrots, bleu cheese, Craisins, sunflower seeds, red onions, and a raspberry vinaigrette. \$8.99

BAKERY

BLUEBERRY MUFFINS

Fluffy, sweet, and delicate muffin loaded with blueberries. Packaged as 1/2 dozen. \$7.99

CRANBERRY CRUMB MUFFINS

A light, yogurt-based muffin studded with cranberries, and finished with a crumb topping. Packaged as 1/2 dozen. \$7.99

RASPBERRY SOUR CREAM MUFFINS

A moist, light muffin loaded with raspberries. Packaged as 1/2 dozen. \$7.99

DESSERTS

PUMPKIN CHOCOLATE CAKE

Chocolate cake with classic pumpkin spices and orange cream cheese frosting. \$6.99

SPICE CAKE WITH CREAM CHEESE FROSTING

Low fat apple spice cake moist with applesauce, allspice, cinnamon, and cloves makes this the perfect autumn treat, topped with a cream cheese frosting. \$6.99



ENTREES

1. AUTUMN QUICHE

A classic dish with the healthy October Kitchen twist! Sliced butternut squash makes the crust of this quiche and it is overflowing with leeks, spinach, broccoli, and Gruyere cheese. \$9.99

2. BUTTERNUT LASAGNA

Layers of fresh pasta, roasted butternut and sautéed spinach with creamy ricotta cheese, mozzarella, and Parmesan meld together to create this rustic vegetarian delight! \$10.99

3. CHICKEN GOULASH

Home style chicken stew that will warm you up with paprika, peppers, carrots, onions, mushrooms over roasted red bliss potatoes. \$11.99

4. CIDER BRAISED BEEF STEW

Slow cooked beef stew with cider, fresh herbs, carrots, and bright cranberries served over rustic rice pilaf. \$14.99

5. CREOLE GARLIC COD

Delicate, flaky white fish filet brushed with our house made creole, garlic butter served with wild rice pilaf, and sautéed summer squash. \$16.99

6. FLOUNDER WITH MUSTARD

Broiled flounder topped with mustard, thyme, and lemon juice. Accompanied with couscous and sautéed summer squash. \$13.99

7. GUINNESS BBQ PORK

Rubbed and slow cooked until tender, glazed and grilled for a real treat. Paired with green beans, and autumn rice pilaf studded with lentils, cranberries, and wilted kale. \$15.99

8. ITALIAN CHICKEN THIGH

Tender, chicken thighs with garlic, white wine, prosciutto, capers, and fresh herbs served over polenta with broccoli rabe and cannellini beans. \$10.99

9. MAPLE BACON PORK

Roast pork loin and maple bacon gravy with sweet potato gratin and steamed buttered cauliflower. \$13.99

10. PORK MEATLOAF WITH CIDER GRAVY

Bring the flavors of fall to your dinner table! Tender pork, and ham meatloaf topped with our house made cider gravy. Served with a side of maple whipped sweet potatoes, and green beans. \$12.99

11. SHEPHERD'S PIE

Lean ground beef with peas, carrots and light gravy under fluffy mashed potatoes topped with Parmesan cheese. \$12.99

12. SHRIMP ALFREDO BAKE

Plump shrimp tossed in a healthy alfredo sauce with mini penne, tomatoes, and veggies. Sprinkled with a layer of Parmesan cheese and baked until golden, brown, and delicious! \$13.99

13. SKILLET CHILI MAC

A perfect comfort food meal, this vegetarian dish is with warm spices, beans, macaroni and two cheeses. \$9.99

14. STEAK MARSALA

Sirloin cutlet simmered with a mushroom marsala pan sauce, served with keto scalloped potatoes, and green beans. \$18.99

15. STUFFED CHICKEN BREAST

Tender chicken breast stuffed with roasted sweet red peppers, mozzarella cheese and fresh basil. Served with balsamic roasted summer squash, peppers, and cauliflower. \$14.99

16. SWEDISH TURKEY MEATBALLS

Delicate turkey meatballs over fluffy egg noodles studded with pearl onions, peas, and smothered in a creamy sauce. \$11.99

17. TACO STUFFED SWEET POTATO

Sweet potato overflowing with taco spiced ground beef, peppers, onions, sour cream, salsa, and topped with shredded cheese. This dish has the heartiness of a baked potato with none of the guilt. \$12.99

18. TILAPIA PICCATA

This mild flavored fish is seasoned with wine, capers, lemon, and parsley served over risotto with sautéed spinach, and leeks. \$13.99

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. \$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. \$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