

SOUPS

- GUMBO** An authentic gumbo with the Holt Trinity of onions, celery and peppers, the lovely addition of garlic, and warm spices studded with chicken sausage and okra. \$6.99
- GOLDEN IMMUNITY** A vegetarian based soup loaded with superfood vegetables to keep you feeling great even in the cold! \$6.99
- PASTA E FAGIOLI** Always in my household! Simple, delicious soup with ditalini pasta and chickpeas \$6.99

SALADS

- CHRISTMAS ROASTED APPLE SALAD**
Baby leaf lettuce, apples, Bleu cheese, Craisins, pumpkin and squash seeds with a Dijon, rice wine vinaigrette. \$8.99
- SIMPLE GREEN SALAD**
Mesclun lettuce, green leaf lettuce, grape tomatoes, cucumber, carrots, onion, and a sherry vinaigrette \$8.99

BAKERY

- BLUEBERRY MUFFINS**
Fluffy, sweet, and delicate muffin loaded with blueberries. Packaged as 1/2 dozen..... \$7.99
- GINGERBREAD MUFFINS**
Moist, soft, and fluffy with our favorite holiday warming spices, molasses, and a swirl of cream cheese. Packaged as 1/2 dz..... \$7.99
- MAPLE CRUMB**
A sweet muffin with real maple syrup topped with brown sugar crumbles. Packaged as 1/2 dz..... \$7.99

DESSERTS

- CANDY CANE BROWNIES**
Chocolate brownies with chocolate chips with candy cane sprinkles on top..... \$6.99
- EGGNOG CAKE**
Fluffy, sweet eggnog cake with a cinnamon sugar sprinkle on top..... \$6.99



ENTREES

- 1. BASIL PESTO CHICKEN** Basil, tomato, and mozzarella topped chicken breast with Italian home fried potatoes and roasted cauliflower \$13.99
- 2. BEEF BOLOGNESE** A delicious, healthy sauce with tons of flavor over al dente pasta topped with Parmesan cheese. \$15.99
- 3. CHERRY & WILD RICE STUFFED PORK** Tender pork loin rolled around house made sausage, and wild rice stuffing studded with dried cherries, served with steamed vegetable medley. \$13.99
- 4. CHICKEN PICADILLO** Slow simmered chicken thighs in a medley of peppers, garlic, and spices. Served over a bed of long grain white rice, studded with golden raisins, and green olives. \$10.99
- 5. CHRISTMAS BEEF CASSEROLE** Lean beef, slow cooked in a fragrant sauce served with mashed potatoes and sautéed Savoy greens with garlic and scallions. \$14.99
- 6. CIDER BRAISED PORK** A long, slow braise in fresh cider makes this pork incredibly tender and flavorful! Served with traditional spaetzle and wax beans \$15.99
- 7. CORNFLAKE CRUSTED SCROD** Delicate whitefish fillets, oven fried until golden, brown, and delicious with a crunchy cornflake crust served with asparagus rice pilaf. \$15.99
- 8. CRANBERRY PORK TENDERLOIN** Our house made peppered cranberry marmalade steals the show in this dish. Served over tender pork loin with a side of half sweet, mashed potatoes, and vegetable medley \$13.99
- 9. LEMON & GARLIC HADDOCK** Sweet, white fish with delicate lemon butter sauce served over house made stewed tomatoes, sautéed kale, and a bed of rice pilaf studded with sautéed onions and dill \$15.99
- 10. MEATLOAF W/SWEET KETCHUP GLAZE** A traditional meatloaf glazed with our special blend of brown sugar, and spices. Served with roasted red bliss potatoes, and tri colored steamed cauliflower \$11.99
- 11. MOM'S CHILI** A vegetarian comfort classic with beans, green peppers, tomatoes, onions, and our famous meatless crumbles. Served with a side of our famous house made cornbread \$12.99
- 12. PIEROGI STEW** A perfect meal for these cold days. Rich smoky stew, loaded with turkey kielbasa, butternut squash, mushrooms, onions, and finished with pierogis..... \$13.99
- 13. PULLED CHICKEN STUFFED PEPPERS** Barbeque and shredded chicken mixed with rice and cheese stuffed in peppers and baked until golden, brown, and delicious. \$10.99
- 14. SEAFOOD PASTA** Scallops and langoustines in a delicate lemon, white wine sauce over angel hair pasta studded with pancetta, finished with Parmesan cheese \$15.99
- 15. SHRIMP WITH APPLES AND SNOW PEAS** Plump shrimp with caramelized apples and snow peas in a creamy sauce with a dash of whole grain mustard over basmati rice. \$15.99
- 16. VEGGIE ALFREDO LASAGNA** Layers of pasta, spinach, carrots, tomatoes, roasted peppers, eggplant, onions, herbs, Parmesan, and mozzarella cheese baked until golden, brown, and delicious. \$11.99
- 17. WINTER HODGE Podge STEW** A classic, creamy Nova Scotian vegetarian stew with a touch of mustard, dill and tarragon filled with tender golden potatoes, carrots, broccoli, and peas \$9.99
- 18. WINTER MARKET CHICKEN** Slow braised dark meat chicken stew that will warm you up with carrots, sweet potatoes, ginger and a dash of Chile pepper and spices \$11.99

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

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