

September 2019 Weekly Fresh Menu

S= Single Serving
T= Twin ~ 2 Servings
F= Family ~ 5-6 Servings



Week of September 3rd

- Aussie Meatballs** (D)(GF)(V) S 8.99
T 16.99
F 33.99
Beefy meatballs with a great BBQ sauce from "down under" with pea whipped potatoes and baby carrots.
 - Baked Stuffed Scrod** (DF)(D)(GF)(V)(SS)(WM) S 9.99
T 18.99
F 36.99
Baked scrod topped with langoustines and cracker crumbs served with steamed veggies and rice pilaf.
 - Chicken Osso Bucco Style** (D)(WM)(WF) S 7.99
T 15.99
F 31.99
(Special Order Dairy Free without Polenta)
Simmered, dark meat chicken in a naturally rich sauce studded with veggies and a hint of smokey turkey bacon.
 - Mustard Rubbed Pork Tenderloin** (DF)(D)(GF)(V)(WM)(WF) S 8.99
T 16.99
F 33.99
Rubbed with brown sugar, mustard, sherry and herbs served with sweet potato tippy.
 - Vegetable Chop Suey** (DF)(D)(V)(K)(SS)(VV)(V)(WF) S 7.99
T 15.99
F 31.99
A house favorite just got healthier! Crunchy stir fried vegetables in a lightly spiced soy sauce over brown rice.
- SOUP: Gazpacho Soup with Lemon and Thyme** (NEW) (DF)(D)(V)(V)(V)(WM)(WF) 5.99
A lovely purée of ripe tomatoes studded with peppers, cucumbers and garlic finished with a dash of smoked paprika.
- SALAD: Fall Salad** 6.99
Mesclun lettuce, Asian pears, red onion, Craisins, cheddar cheese and a maple cider vinaigrette.
- MUFFINS: Blueberry Crumb Muffins ½ dz** (NEW) 6.99
DESSERT: Banana Chocolate Chip Cake 5.99

Week of September 10th

- Beef Tips and Noodles** (DF)(D)(GF)(V)(K)(SS) S 9.99
T 18.99
F 36.99
Tender beef tossed in a robust mushroom cream sauce with pearl onions served over fluffy egg noodles.
 - Brown Butter Seared Mahi-Mahi** (D)(GF)(V)(SS)(WF) (NEW) S 9.99
T 18.99
F 36.99
A delicate, moist white fish fillet in our brown butter sauce served with Hawaiian rice salad studded with pineapple, coconut and peas.
 - Chicken with Roasted Garlic** (DF)(D)(V)(SS)(WM)(WF) S 7.99
T 15.99
F 31.99
Tender white meat chicken breast cutlet simmered with rosemary, sweet garlic cloves and mashed potatoes in garlicky gravy.
 - Ricotta and Basil Stuffed Tomatoes** (D)(V)(SS)(V)(WF) S 7.99
T 15.99
F 31.99
Ripe and juicy beefsteak tomatoes stuffed with zucchini, chickpeas, basil and ricotta served with a Mediterranean whole grain salad to create this healthy entrée.
 - Roast Pork Garfunkel** (DF)(D)(GF)(V)(SS)(WF) S 8.99
T 16.99
F 33.99
Stuffed with parsley, sage, rosemary and thyme served with pan gravy and roasted baby potatoes.
- SOUP: Broccoli Cheddar Soup** (D)(GF)(V)(V)(WM)(WF) 5.99
A hearty, vegetarian soup with lots of bright flavors and sharp cheddar cheese.
- SALAD: Spinach Strawberry Salad** 6.99
Spinach, strawberries, red onions, sunflower seeds and a honey balsamic vinaigrette.
- MUFFINS: Bran Muffins ½ dz** 6.99
DESSERT: Amish Applesauce Cake 5.99

Week of September 17th

- Chicken Murphy** (DF)(D)(V)(SS)(WM)(WF) S 8.99
T 16.99
F 33.99
Sautéed chicken breast, spicy peppers, onions, mushrooms and sweet Italian sausage served with potatoes.
 - Pork Ragu** (D)(V)(K)(SS) S 7.99
T 15.99
F 31.99
Tender pork simmered in aromatic sauce with al dente pasta and garlic roasted broccoli.
 - Stuffed Zucchini Parmesan "Lasagna"** (D)(V)(K)(V)(WM) S 7.99
T 15.99
F 31.99
Layers of sliced squash, Italian bread crumb stuffing, mozzarella, Parmesan cheese and our house made marinara sauce.
 - Swedish Beef** (NEW) (D)(GF)(V)(SS)(WM)(WF) S 8.99
T 16.99
F 33.99
Roast beef simmered until tender in red wine and tomato gravy served with rutabaga mashed potatoes.
 - Tartar Sauce Crumb Baked Fish** (DF)(D)(V)(SS)(K)(WM) S 9.99
T 18.99
F 36.99
(Special Order Gluten Free Breadcrumbs)
House made tartar sauce drapes a whitefish fillet, baked under a crumb topping served with hearty rice pilaf and heart healthy greens.
- SOUP: Butternut Bisque** (D)(GF)(V)(K)(SS)(V)(WM)(WF) 5.99
A creamy and delicious purée with fall spices and warm delights.
- SALAD: Tossed Salad** 6.99
Artisan lettuce, red cabbage, carrots, celery and a honey cider vinaigrette.
- MUFFINS: Cranberry Oat Muffins ½ dz** 6.99
DESSERT: Orange Yogurt Cake 5.99

Week of September 24th

- Cheddar Meatloaf** (D)(GF)(V)(K)(WM) S 7.99
T 15.99
F 31.99
An herbed loaf rolled around a cheddar stuffing accented with our house made tomato sauce.
 - Chicken à la King** (DF)(D)(GF)(V)(K)(SS)(WM) S 7.99
T 15.99
F 31.99
(Special Order Gluten Free Pasta)
White meat chicken, sherried chicken sauce with peas, mushrooms and peppers over toasted orzo pasta.
 - Paella** (DF)(D)(V)(K)(WF) S 9.99
T 18.99
F 36.99
Creamy saffron rice simmered with shrimp, whitefish, clams, chicken, chorizo and peas come together to make this healthy house favorite.
 - Pork Tenderloin with Maple Chipotle Glaze** (DF)(D)(GF)(V)(WF) S 8.99
T 16.99
F 33.99
Roasted pork tenderloin rubbed with a mild, sweet and smokey maple chipotle glaze served with a wild rice blend that is studded with Craisins and butternut squash.
 - Vegetable Crepes** (D)(V) S 8.99
T 16.99
F 33.99
(Special Order Dairy Free without Sauce)
Crepes aren't just for dessert- this savory crepe is filled with roasted sweet potatoes, broccoli, spinach, lentils, grains, tomatoes, squash and peppers with green goddess sauce.
- SOUP: Minestrone Soup** (D)(V)(SS)(V)(WM) 5.99
An Italian soup with seasonal vegetables, beans and pasta.
- SALAD: September Salad** (NEW) 6.99
Arugula, arcadian lettuce, apples, carrots, goat cheese, scallions and a white balsamic vinaigrette.
- MUFFINS: Mocha Chocolate Chip Muffins ½ dz** 6.99
DESSERT: Vanilla Bean Yogurt Cake 5.99