

SOUPS

BEEF BARLEY

DF D GF R SS WM A comforting hearty bowl of soup made with carrots, celery, onions, lean beef, and pearl barley.. **\$6.99**

MINISTRONE

D GF R SS V WM An Italian soup with seasonal vegetables, beans, and pasta..... **\$6.99**

SALADS

SEPTEMBER

Spinach, radicchio, arugula, red onions, pumpkin seeds, shaved carrots, dates, bacon, Parmesan cheese, and a white balsamic vinaigrette..... **\$8.99**

SPINACH CRUNCH

Spinach, tomatoes, chickpeas, carrots, red peppers, and a honey balsamic vinaigrette..... **\$8.99**

TOSSED

Arcadian lettuce, cabbage, carrots, celery, red onions, and a honey cider vinaigrette. **\$8.99**

BAKERY

BLUEBERRY MUFFINS

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

OATMEAL CRANBERRY

Buttermilk muffin with a dab of cranberry sauce baked in the center of each with an oatmeal crumb topping. Packaged as half a dozen. **\$7.99**

RAISIN BRAN

Buttermilk and raisins make this high fiber muffin a delicious treat. Packaged as 1/2 dz..... **\$7.99**

DESSERTS

PEAR STREUSEL CAKE This coffee cake has a velvety, buttery flavor studded with pears and finished with moist brown sugar crumbles on top..... **\$6.99**

VANILLA BEAN CAKE A delightfully plump vanilla cake made with real vanilla bean topped with white glaze. Packaged as 8 portions **\$6.99**



ENTREES

1. BEEF TIPS & NOODLES

DF D GF R SS Tender beef tossed in a robust mushroom cream sauce with pearl onions, peas, and served over fluffy egg noodles **\$16.99**

2. BROWN BUTTER SHRIMP

D GF R SS WF Plump shrimp sauteed in our delicate brown butter sauce served over basmati rice, and broccoli..... **\$17.99**

3. BUTTERNUT TERRINE

D GF R SS V WF A yummy mixture of squash, leeks, apples, maple syrup and whole grains with a Parmesan crust. Baked until golden, brown, and delicious. (Contains Seeds) **\$11.99**

4. CHEDDAR MEATLOAF

D GF R SS WM A lean, beef meatloaf studded with mild herbs and cheddar accented with our house made tomato sauce, served with vegetable medley and pasta pearls **\$13.99**

5. CHICKEN MURPHY

DF D GF R SS WM WF Sautéed chicken breast, peppers, onions, tomato, mushrooms, and sweet Italian chicken sausage with roasted potatoes and broccoli..... **\$13.99**

6. CHICKEN WITH ROASTED GARLIC

DF D GF R SS WM WF Tender white meat chicken breast cutlet simmered with rosemary, sweet roasted garlic cloves and mashed potatoes in a garlicky gravy served with green beans, wax beans, and carrots. **\$14.99**

7. COD WITH TOMATOES

D GF R SS WM WF Flakey white fish roasted with slabs of ripe tomatoes, garlic and herbs with corn off the cob mashed potatoes and steamed veggies **\$17.99**

8. HERB CRUSTED PORK SIRLOIN

DF D GF R SS WM WF Lean, juicy pork rubbed with orange zest, sage, thyme and rosemary. Served with garlic mashed sweet potatoes and roasted broccoli..... **\$11.99**

9. HONEY TERIYAKI PORK

DF D GF R SS WF Tender stir-fried pork tenderloin in homemade honey, teriyaki sauce with stir fried peppers, broccoli, served over rice and topped with scallions **\$14.99**

10. PAELLA

DF D GF R SS WF Creamy saffron rice simmered with shrimp, whitefish, chicken, chorizo, and peas come together to make this healthy, house favorite..... **\$18.99**

11. PASTA WITH RICOTTA & BASIL

R GF R SS V Orecchiette pasta with fresh local corn, lemon, basil, garlic, and ricotta. Light, delicate and creamy this will be your new favorite dish!..... **\$12.99**

12. POLISH POACHED MEATBALLS

D GF R SS WF Delicate veal and chicken meatballs poached in a robust broth served over fluffy mashed potatoes, mushrooms, and peas. **\$16.99**

13. PULLED PORK ITALIANO

D GF R LC SS WM WF Creamy red wine Parmesan risotto topped with tender Italian pulled pork, served with sautéed broccoli **\$13.99**

14. ROAST BEEF SIRLOIN

D GF R SS WM WF Tender, long braised roast beef sirloin with a flavorful demi glaze. Served with garlicky green beans, and classic mashed potatoes. Perfect comfort food for these cool nights **\$18.99**

15. TARTAR SAUCE CRUMB BAKED FISH

DF D GF R SS WM House made tartar sauce drapes a whitefish fillet, baked under a crumb topping served with Cape Cod vegetable blend studded with Craisins and served over rice pilaf **\$15.99**

16. TURKEY BOLOGNESE

D GF R R SS Served over whole wheat pasta this rustic, hearty dish is Chef Paul's go-to recipe for healthy, meaty sauce **\$10.99**

17. TURKEY DIVAN

D GF R R SS WM WF A great, healthy creamy casserole you won't even know is lightened up! Chunks of white meat turkey, creamy sherry and Parmesan sauce, rice, and broccoli **\$14.99**

18. ZUCCHINI PARMESAN "LASAGNA"

D R V WM Layers of sliced squash, Italian bread crumb stuffing, mozzarella, Parmesan cheese and our house made marinara sauce. **\$10.99**

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

DF D GF R LC SS WM 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 **DF D GF R LC SS WM V WF**

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 **WF**

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 **DF D GF R LC SS WM WF**

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 **DF D GF R LC WM WF**

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**

DF D GF R LC SS WM WF 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 **DF D GF R LC SS WM WF**

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**