

## Alice's Kitchen Weekly A La Carte Menu Choices – Dec. 13, 2016

### **Entrees : \$16/2-4 portions**

Baked Vt. Ham w/White Beans & Greens (df, gf)

Vegetable Lo Mein (df, v opt (no egg), gf opt)

Roasted Halibut w/Pear Salsa (df, gf)

### **Sides: \$8/serving (2-4 portions)**

Sauteed Kale w/Garlic & Olive Oil (v, gf)

Baby Bok Choi & Local Shiitake (df opt, gf)

Eggplant Parm.

Sweet Potato w/Spicy Ginger Peanut Sauce (v, gf)

Braised Fennel w/Parm. Reggiano (v opt, gf)

Sweet & Sour & Spicy Cabbage (v, gf)

Fresh Applesauce (v, gf)

Savory White Beans (v, gf)

Coconut Basmati Rice (v, gf)

### **Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Local Spinach Salad w/Avocado & Egg (v opt, gf)

Cabbage & Carrot Slaw (v opt, gf)

Spicy Moroccan Carrot Salad (v opt, gf)

### **Soups: \$8/pint (2 small portions)**

Red Lentil Chard Soup (v, gf)

Pork, White Bean & Squash Soup (df, gf)

### **Desserts: \$8/serving (2-4 portions)**

Chocolate Cream Cheese Choc. Chip Cupcakes

Almond Anise Biscotti

Gluten Free Double Chocolate Cookies (df, gf)

Fresh Fruit (v, gf)

### **Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Currant Scones

Quiche w/Spinach & Mushroom (gf opt)

Scrambled Tofu w/Carrot & Snow Peas (v, gf)

### **CHEESES**

Coeur de Chevre Caramel; \$5

Coeur de Chevre w/Chestnut; \$5

St. Stephen; \$5

Brillat Savarin; \$6

### **HOLIDAY TREATS:**

Cookie dough: Chocolate Chip Oatmeal; \$5 (makes apx. 18)

Cookie Dough: Ginger Snap; \$5 (makes apx. 18)

Cookie Dough: Cocoa Pecan; \$5 (makes apx. 18)

Cookie Dough: Gluten-free Double Choc; \$5 (makes apx. 12)

Organic Hot Cocoa Mix/ \$6/pint

Organic Cinnamon Chili Hot Cocoa Mix; \$6/pint

Organic Spiced Roasted Cashews; \$8/pint

Spiced Roasted Pepitas; \$8/pint

Organic Chai Mulling Spice Bag & Assam Tea (add milk & maple syrup); \$3 makes 1/2 gallon

Organic Hot Mulled Cider Spice Bag; \$3 (enough for a gallon)

Mexican Hot Chocolate (ready to heat); \$5/qt.

**A LA CARTE EXTRAS**

Winter Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Grapefruit Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Balsamic Maple Vinaigrette; \$5/8 oz. jar

Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.

**Alice's Kitchen Weekly A La Carte Menu Choices – Dec. 6, 2016**

**Entrees : \$16/2-4 portions**

Oven-Roasted BBQ Chicken (df, gf)

Baked BBQ Tofu w/Roasted Onions on Coconut Basmati Rice (v, gf)

Stir-fried Rice w/Scallops, Rainbow Carrots & Snow Peas (df, gf)

**Sides: \$8/serving (2-4 portions)**

Braised Asian Greens w/Garlic & Ginger (v, gf)

Baked Delicata Halves w/Maple Butter (v opt, gf)

Roasted Turnips (v, gf)

Cauliflower Gratin (veget., gf opt)

Seared Radicchio w/Aged Balsamic & Parm. Reggiano (v opt, gf)

Fresh Applesauce (v, gf)

Savory Black Beans (v, gf)

Coconut Basmati Rice (v, gf)

Quinoa (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Local Spinach Salad w/Avocado & Egg (v opt, gf)

Roasted Beet Salad w/Arugula & Goat Cheese (v opt, gf)

Black Bean Quinoa Salad w/Cilantro & Lime (v, gf)

**Soups: \$8/pint (2 small portions)**

Thai Kabocha Squash Soup (v opt, gf)

Mushroom Beef Barley Soup (df opt, gf)

**Desserts: \$8/serving (2-4 portions)**

Nutty Chocolate Disks w/Ricotta Cream

Cran-Apple Walnut Cake

Italian Pine Nut Cookies (df, gf)

Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Apple Streusel Muffins

Quiche w/Mushroom & Bacon (veg. opt, gf opt)

Scrambled Tofu w/Arugula & Mushroom (v, gf)

**A LA CARTE EXTRAS**

Winter Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Fresh-squeezed Organic Grapefruit Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Balsamic Maple Vinaigrette; \$5/8 oz. jar

Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.

**Alice's Kitchen Weekly A La Carte Menu Choices – Nov. 29, 2016**

**Entrees : \$16/2-4 portions**

Turkey Burgers w/Sour Cream Sumac Sauce (df opt, gf opt)

Farro, Savory White Bean & Roasted Tomato w/Fresh Basil (v opt)

Icelandic Cod w/Peach Salsa (df, gf)

**Sides: \$8/serving (2-4 portions)**

Kale w/Olive Oil & Garlic (v, gf)

Roasted Butternut Slices w/Fontina (v opt, gf)

Cranberry Sauce (v, gf)

Cranberry Chutney (v, gf)

Baked then Roasted Potato Halves w/Basil Pesto (gf)

Fresh Applesauce (v, gf)

Caramelized Endive w/Gruyere (gf)

Savory Farro (v, gf)

Coconut Basmati Rice (v, gf)

Savory White Beans (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Cauliflower, Mango Salad (v opt, gf)

Radicchio Romaine Salad w/Citrus, Pistachios & Yogurt Dressing (v opt, gf)

Spicy Cabbage Slaw w/Radicchio, Fennel & Spiced Cashews (v opt, gf)

**Soups: \$8/pint (2 small portions)**

Spicy Indonesian Tempeh Stew (v opt, gf)

White Bean Sausage Soup (df, gf)

**Desserts: \$8/serving (2-4 portions)**

Exquisite Cheese Selection

Oat Spice Cake w/Broiled Coconut Frosting

Pear Cranberry Cobbler

Chocolate Chocolate Cookies

Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Pear Muffins

Quiche w/Potato, Leek & Cheddar (gf opt)

Scrambled Tofu w/Leek & Butternut (v, gf)

**A LA CARTE EXTRAS**

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Fresh-squeezed Organic Grapefruit Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Balsamic Maple Vinaigrette; \$5/8 oz. jar

Parsley Sunflower Seed Lemon Juice Dressing; \$6/8 oz. jar

Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.

**Alice's Kitchen Thanksgiving A La Carte Menu – Nov. 22, 2016**

**Entrees : \$16/2-4 portions**

Tunisian Lamb Meatballs (df opt, gf opt)

Roasted Squash & Wild Rice Casserole w/Portabellas, Caramelized Onion & Cheddar (v opt, gf)

Roasted Wild Alaskan Salmon w/Mango, Citrus & Herbs (df, gf)

**Sides: \$8/serving (2-4 portions)**

Braised Greens w/Garlic (v, gf)

Sauteed Rapini w/Olive Oil & Garlic (v, gf)

Cranberry Sauce (v, gf)

Cranberry Chutney (v, gf)

Salty Edamame in the Pods (v, gf)

Fresh Applesauce (v, gf)

Honey-Braised Turnips (v opt, gf)

Cozzolino-style Artichokes w/Garlic & Paprika (v, gf)

Roasted Lemony Beets w/Shallot Cream Sauce (v opt, gf)

Roasted Delicata Squash w/Maple & Pomegranate Molasses (v, gf)

Roasted Cauliflower w/Lemon & Herbs (v, gf)

Roasted Mashed Kabocha Squash w/Butter, Maple & Rum (v opt, gf)

Miso Gravy (v opt, gf opt)

Scalloped Potato & Kale (veget, gf opt)

Braised Leeks w/Parmigiano Reggiano (v opt, gf)

Wild Rice (v, gf)

Coconut Basmati Rice (v, gf)

Spicy Chickpeas (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Spinach Salad w/Avocado & Egg (v opt, gf)

Radicchio Romaine Salad w/Citrus, Pistachios, & Yogurt Dressing (v opt, gf)

**Soups: \$8/pint (2 small portions)**

Potato Leek Soup (v opt, gf)

**Desserts: \$8/serving (2-4 portions)**

Exquisite Cheese Selection

Apple Cranberry Clafouti (Pudding Cake)

Apple Pear Crisp (v opt, gf opt)

Chocolate Decadence Truffle Cake (gf)

Poached Pears w/Whipped Cream (v opt, gf)

Ginger Snaps

Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Pumpkin Muffins

Quiche w/Rapini & Portabella (gf opt)

Scrambled Tofu w/Rapini & Portabella (v, gf)

Banana Bread

Baked French Toast

Parmesan Bread Pudding w/Sausage & Rapini

**A LA CARTE EXTRAS**

Fresh Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Mulled Cider (\$5/quart)

Chai; \$6/quart

Organic Freshly-Squeezed Orange Juice; \$5/pint

Freshly-Squeezed Organic Grapefruit Juice; \$5/pint

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Organic Fruit Leather (fruit with a dash of maple syrup); \$5/6 rolls

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Snappy Organic Dilly Beans; \$7/16 oz. jar

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Balsamic Maple Vinaigrette; \$5/8 oz. jar

Parsley Sunflower Seed Lemon Juice Dressing; \$6/8 oz. jar

Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb

**Alice's Kitchen Weekly A La Carte Menu Choices – Nov. 15, 2016**

**Entrees : \$16/2-4 portions**

Indian-spiced Chicken Thighs w/Chickpeas & Spinach (df, gf)  
Roasted Sweet Potato Lasagne w/Fontina & Caramelized Onions (veget.)  
Shrimp Fried Rice (df, gf)

**Sides: \$8/serving (2-4 portions)**

Collards w/Bacon (v opt, gf)  
Sautéed Kale w/Garlic  
Roasted Sweet Potato w/Apple & Onion (v, gf)  
Fresh Applesauce (v, gf)  
Cauliflower Gratin (veget.)  
Braised Fennel w/Parmigiano Reggiano (v opt, gf)  
Coconut Basmati Rice (v, gf)  
French Lentils (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)  
Endive Salad Canoes w/Pear, Goat Cheese & Toasted Pecans (gf)  
Cabbage Carrot Slaw w/Honey & Sunflower Seeds (v, gf)  
Raw Kale Salad (v opt, gf)

**Soups: \$8/pint (2 small portions)**

French Lentil Vegetable Soup (v, gf)  
Icelandic Fish Stew (df, gf)

**Desserts: \$8/serving (2-4 portions)**

Carrot Cake w/Cream Cheese Frosting  
Cocoa Pecan Cookies  
Sautéed Pears w/Cream, Maple, & Rum (v opt, gf)  
Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)  
Blueberry Corn Muffins  
Quiche w/Sweet Potato & Fontina (gf opt)  
Scrambled Tofu w/Spinach & Sweet Potato (v, gf)

**A LA CARTE EXTRAS**

Autumn Herb Tea Tonic; \$5/half gallon  
Ginger Honey Lemon Tea; \$5/quart  
Chai; \$6/quart  
Fresh-squeezed Organic Orange Juice; \$5/pt.  
Hot Mulled Cider; \$5/quart  
Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each  
Simple Mac. & Cheese; \$5/20 oz. casserole  
Simple Salad (no dressing); \$3  
Mystery Quesadilla; \$5  
Freshly-ground Organic Peanut Butter; \$8/pint  
Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls  
Balsamic Maple Vinaigrette; \$5/8 oz. jar  
Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.

**Alice's Kitchen Weekly A La Carte Menu Choices – Nov. 8, 2016**

**Entrees : \$16/2-4 portions**

Indian-spiced Chicken Thighs w/Chickpeas & Spinach (df, gf)

Roasted Sweet Potato Lasagne w/Fontina & Caramelized Onions (veget.)

Shrimp Fried Rice (df, gf)

**Sides: \$8/serving (2-4 portions)**

Collards w/Bacon (v opt, gf)

Sauteed Kale w/Garlic

Roasted Sweet Potato w/Apple & Onion (v, gf)

Fresh Applesauce (v, gf)

Cauliflower Gratin (veget.)

Braised Fennel w/Parmigiano Reggiano (v opt, gf)

Coconut Basmati Rice (v, gf)

French Lentils (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Endive Salad Canoes w/Pear, Goat Cheese & Toasted Pecans (gf)

Cabbage Carrot Slaw w/Honey & Sunflower Seeds (v, gf)

Raw Kale Salad (v opt, gf)

**Soups: \$8/pint (2 small portions)**

French Lentil Vegetable Soup (v, gf)

Icelandic Fish Stew (df, gf)

**Desserts: \$8/serving (2-4 portions)**

Carrot Cake w/Cream Cheese Frosting

Cocoa Pecan Cookies

Sauteed Pears w/Cream, Maple, & Rum (v opt, gf)

Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Blueberry Corn Muffins

Quiche w/Sweet Potato & Fontina (gf opt)

Scrambled Tofu w/Spinach & Sweet Potato (v, gf)

**A LA CARTE EXTRAS**

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Hot Mulled Cider; \$5/quart

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Balsamic Maple Vinaigrette; \$5/8 oz. jar

Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.



**Alice's Kitchen Weekly A La Carte Menu Choices – Nov. 1, 2016**

**Entrees : \$16/2-4 portions**

Roasted Maple Sesame Herb Chicken (df, gf)

Quinoa, Corn & Pinto Casserole w/Salsa Verde & Jack (v opt, gf)

Grilled Shrimp on Coconut Basmati Rice (df, gf)

**Sides: \$8/serving (2-4 portions)**

Local Braising Greens w/Olive Oil & Garlic (v, gf)

Swiss Chard Al Forno (veget.)

Curried Butternut Squash Cubes (v, gf)

Fresh Applesauce (v, gf)

Maple Roasted Brussels Sprouts (v, gf)

Cozzolino-style Artichokes! (v, gf)

Quinoa (v, gf)

Coconut Basmati Rice (v, gf)

Savory Pinto Beans (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Coconut Cabbage Slaw (v, gf)

Local Spinach Salad w/Eggs, Feta, & Olives (df opt, v opt)

Pasta Pesto Salad (a little taste of summer!) (veget., gf opt)

**Soups: \$8/pint (2 small portions)**

Chicken Coconut Milk Soup (df, gf)

Hearty Vegetarian Stew (v, gf)

**Desserts: \$8/serving (2-4 portions)**

Berry Cobbler (another taste of summer!)

Chocolate Cream Cheese Choc. Chip Cupcakes

Vegan Cookies w/P.B. & Choc. Chips (v, gf)

Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Apple Carrot Muffins

Quiche w/Chard & Portabellas (gf opt)

Scrambled Tofu w/Spinach & Portabellas (v, gf)

**A LA CARTE EXTRAS**

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fresh Organic Grape Jelly (6 varieties of grapes; nice & tart!); \$5/8 oz. jar

Organic Blueberry Jam; \$5/8 oz. jar

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Balsamic Maple Vinaigrette; \$5/8 oz. jar

Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.

**Alice's Kitchen Weekly A La Carte Menu Choices – Oct. 25, 2016**

**Entrees : \$16/2-4 portions**

Alice's Super Burritos! Choose meat/chicken/veget./no tortilla casserole (df opt)

Seafood Cakes on Coconut Basmati Rice (df, gf opt)

**Sides: \$8/serving (2-4 portions)**

Sauteed Greens w/Olive Oil & Garlic (v, gf)

Indonesian Curried Collards (v opt, gf)

Roasted Sweet Potato w/Coconut, Lime & Garlic (v, gf)

Fresh Applesauce (v, gf)

Roasted Lemony Beets w/Shallot Cream Sauce (v/gf opt)

Colcannon (Irish Potato & Cabbage Casserole) (veget., gf)

Mexican-style Rice (v, gf)

Coconut Basmati Rice (v, gf)

Mexican-style Beans (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Spicy Moroccan Carrot Salad (v opt, gf)

Local Spinach Salad w/Eggs, Feta, & Olives (df opt, v opt)

Farro Salad w/Pistachios & Fresh Herbs (v opt)

**Soups: \$8/pint (2 small portions)**

Beef Stew (df, gf)

Southwestern Corn Chowder (v opt, gf)

**Desserts: \$8/serving (2-4 portions)**

Poached Pears (df opt, gf)

Apple Cake

Shortbread

Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Berry Pear Muffins

Quiche w/Chicken & Roasted Peppers (veg. opt.,gf opt) (veg. opt.,gf opt)

Scrambled Tofu w/Mex. Rice, Roasted Peppers & Onions (v, gf)

**A LA CARTE EXTRAS**

Fruit & Yogurt Smoothie; \$6/pint

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fresh Organic Grape Jelly (6 varieties of grapes; nice & tart!); \$5/8 oz. jar

Organic Blueberry Jam; \$5/8 oz. jar

Snappy Organic Dilly Beans; \$7/16 oz. jar

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

Roasted Squash Turnovers; \$4 each

Balsamic Maple Vinaigrette; \$5/8 oz. jar

## Alice's Kitchen Weekly A La Carte Menu Choices – Oct. 18, 2016

### **Entrees : \$16/2-4 portions**

Italian-style Meatloaf (df opt, gf opt)

Wild Rice Roasted Squash Casserole w/Ports, Caram. Onions & Pecans (v opt, gf)

Roasted Wild Alaskan Salmon (df, gf)

### **Sides: \$8/serving (2-4 portions)**

Sauteed Greens w/Bacon (v opt, gf)

Local Rapini w/Olive Oil & Garlic (v, gf)

Roasted Mashed Squash (v opt, gf)

Fresh Applesauce (v, gf)

Sweet & Sour & Spicy Cabbage (v, gf)

Wild Rice (v, gf)

Coconut Basmati Rice (v, gf)

Savory Black Beans (v, gf)

### **Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Cabbage Carrot Slaw w/Spicy Peanut Sauce (v, gf)

Arugula Mango Lime Salad (v, gf)

Sushi Salad w/Nori, Egg, & Avocado (v opt, gf)

### **Soups: \$8/pint (2 small portions)**

Corn, Bean & Roasted Squash Soup (v, gf)

Fish Soup w/Green Herb Pesto (df opt, gf)

### **Desserts: \$8/serving (2-4 portions)**

Bread Pudding w/Rum Glaze

Chocolate Chip Oat Cookies

Vegan Bars (v, gf)

Fresh Fruit (v, gf)

Chocolate Pudding (gf)

### **Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Currant Scones

Quiche w/Bacon & Caram. Onions (veg. opt.,gf opt)

Scrambled Tofu w/Butternut, Leeks & Chiles (v, gf)

### **PRODUCE:**

Beets w/Greens; \$3/bag

Leeks; \$3/bag

Multi-colored Peppers; \$3/3

### **A LA CARTE EXTRAS**

Fruit & Yogurt Smoothie; \$6/pint

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fresh Organic Grape Jelly (6 varieties of grapes; nice & tart!); \$5/8 oz. jar

Organic Blueberry Jam; \$5/8 oz. jar

Snappy Organic Dilly Beans; \$7/16 oz. jar

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

## Alice's Kitchen Weekly A La Carte Menu Choices – Oct. 18, 2016

### **Entrees : \$16/2-4 portions**

Italian-style Meatloaf (df opt, gf opt)

Wild Rice Roasted Squash Casserole w/Ports, Caram. Onions & Pecans (v opt, gf)

Roasted Wild Alaskan Salmon (df, gf)

### **Sides: \$8/serving (2-4 portions)**

Sauteed Greens w/Bacon (v opt, gf)

Local Rapini w/Olive Oil & Garlic (v, gf)

Roasted Mashed Squash (v opt, gf)

Fresh Applesauce (v, gf)

Sweet & Sour & Spicy Cabbage (v, gf)

Wild Rice (v, gf)

Coconut Basmati Rice (v, gf)

Savory Black Beans (v, gf)

### **Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Cabbage Carrot Slaw w/Spicy Peanut Sauce (v, gf)

Arugula Mango Lime Salad (v, gf)

Sushi Salad w/Nori, Egg, & Avocado (v opt, gf)

### **Soups: \$8/pint (2 small portions)**

Corn, Bean & Roasted Squash Soup (v, gf)

Fish Soup w/Green Herb Pesto (df opt, gf)

### **Desserts: \$8/serving (2-4 portions)**

Bread Pudding w/Rum Glaze

Chocolate Chip Oat Cookies

Vegan Bars (v, gf)

Fresh Fruit (v, gf)

Chocolate Pudding (gf)

### **Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Currant Scones

Quiche w/Bacon & Caram. Onions (veg. opt.,gf opt)

Scrambled Tofu w/Butternut, Leeks & Chiles (v, gf)

### **PRODUCE:**

Beets w/Greens; \$3/bag

Leeks; \$3/bag

Multi-colored Peppers; \$3/3

### **A LA CARTE EXTRAS**

Fruit & Yogurt Smoothie; \$6/pint

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fresh Organic Grape Jelly (6 varieties of grapes; nice & tart!); \$5/8 oz. jar

Organic Blueberry Jam; \$5/8 oz. jar

Snappy Organic Dilly Beans; \$7/16 oz. jar

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

## Alice's Kitchen Weekly A La Carte Menu Choices – Oct. 11, 2016

### **Entrees : \$16/2-4 portions**

Lamb & Eggplant Moussaka (df opt, gf opt)

Mediterranean Stuffed Peppers w/Rice & Veggies (v opt, gf)

Spicy Shrimp, Roasted Peppers, & Feta Pasta (df opt, gf opt w/rice)

### **Sides: \$8/serving (2-4 portions)**

Sauteed Greens w/Onion & Mushroom (v, gf)

Honey Glazed Turnips (v opt, gf)

Braised Radicchio w/Balsamic (v opt, gf)

Beet & Goat Cheese Medallions (gf)

Roasted Butternut w/Fontina (gf)

Fresh Applesauce (v, gf)

Coconut Basmati Rice (v, gf)

Lemony White Beans w/Sage (v, gf)

### **Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)

Hand-rolled Pearl Couscous Salad w/Veggies & Nuts (v opt)

Endive Salad w/Goat Cheese, Pear, & Pecans (gf)

Spinach Salad w/Egg, Avocado, Cukes & Peppers (v opt, gf)

### **Soups: \$8/pint (2 small portions)**

Carrot Ginger Soup (v opt, gf)

Chorizo & White Bean Soup (df, gf)

### **Desserts: \$8/serving (2-4 portions)**

Apple Cranberry Clafouti (Pudding Cake)

Exquisite Cheese Selection!

Almond Anise Biscotti

Fresh Fruit (v, gf)

Gluten-Free Double Chocolate Cookies (df, gf)

### **Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)

Apple Carrot Muffins

Quiche w/Salsa & Potatoes (gf opt)

Scrambled Tofu w/Salsa & Potatoes (v, gf)

### **PRODUCE:**

Beets w/Greens; \$3/bag

Leeks; \$3/bag

Multi-colored Peppers; \$3/3

### **A LA CARTE EXTRAS**

Marinated Mini Fresh Mozzarella Balls; \$5/half pint

Fruit & Yogurt Smoothie; \$6/pint

Autumn Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Chai; \$6/quart

Fresh-squeezed Organic Orange Juice; \$5/pt.

Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each

Simple Mac. & Cheese; \$5/20 oz. casserole

Simple Salad (no dressing); \$3

Mystery Quesadilla; \$5

Freshly-ground Organic Peanut Butter; \$8/pint

Fresh Organic Grape Jelly (6 varieties of grapes; nice & tart!); \$5/8 oz. jar

Organic Blueberry Jam; \$5/8 oz. jar

Snappy Organic Dilly Beans; \$7/16 oz. jar

Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls

**Alice's Kitchen Weekly A La Carte Menu Choices – Oct. 4, 2016**

**Entrees : \$16/2-4 portions**

Chili con Carne w/Mex. Rice, Sour Cream & Jack (df opt, gf)  
Winter Squash Enchiladas w/Alice's Kickin' Sauce (df opt, gf)  
Arctic Char w/Pan-Seared Potatoes (df, gf)

**Sides: \$8/serving (2-4 portions)**

Braised Tatsoi & Other Greens w/Garlic & Ginger (v, gf)  
Roasted Cauliflower w/Lemon, Garlic, & Pom. Molasses (v, gf)  
Roasted Sweet Potato w/Fresh Figs & Balsamic Glaze (df opt, gf)  
Swiss Chard Fritters  
Szechuan Broccoli (v, gf)  
Fresh Applesauce (v, gf)  
Coconut Basmati Rice (v, gf)  
Mexican-style Rice (v, gf)  
Savory Pinto Beans (v, gf)

**Salads: \$8/serving (2-4 portions)**

Local Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)  
Kohlrabi Salad w/Yogurt & Sumac (gf)  
Raw Kale Salad w/Pomegranate & Parm. Regg. (v opt, gf)  
Spinach Salad w/Egg, Avocado, Cukes & Peppers (v opt, gf)  
Arugula Mango Lime Salad (v, gf)

**Soups: \$8/pint (2 small portions)**

Fresh Corn & Tomatillo Soup (v, gf)  
Pork, Pinto, Corn & Chile Soup (df, gf)

**Desserts: \$8/serving (2-4 portions)**

Apple Crisp (v opt, df opt, gf opt)  
Chocolate Decadence Truffle Cake (df, gf)  
Peanut Butter Cookies w/Roasted Peanuts  
Fresh Fruit (v, gf)

**Breakfast Items: \$8/serving (2-4 portions)**

Honey Hill Almond, Date & Apricot Granola (df, gf)  
Pear Ginger Muffins  
Quiche w/Broccoli & Cheddar (gf opt)  
Scrambled Tofu w/Broccoli & Onion (v, gf)  
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

**PRODUCE:**

Beets w/Greens; \$3/bag

**A LA CARTE EXTRAS**

Egg Rolls (df, veget.); \$3.00 each  
Fruit & Yogurt Smoothie; \$6/pint  
Autumn Herb Tea Tonic; \$5/half gallon  
Ginger Honey Lemon Tea; \$5/quart  
Chai; \$6/quart  
Fresh-squeezed Organic Orange Juice; \$5/pt.  
Simple Meal of the Week: beans/grains/greens; \$6 for small portion of each  
Simple Mac. & Cheese; \$5/20 oz. casserole  
Simple Salad (no dressing); \$3  
Freshly-ground Organic Peanut Butter; \$8/pint  
Fresh Organic Grape Jelly (6 varieties of grapes; nice & tart!); \$5/8 oz. jar