

## Weekly A La Carte Menu Choices – April 14, 2015

### **Entrees: \$16/2 small portions**

Tunisian Lamb & Beef Meatballs on White Basmati  
Winter Squash Enchiladas w/Alice's Amazing Chile Sauce (v opt, gf)  
Mediterranean Salmon w/Mango & Coconut Milk (df, gf)  
Veggie Fried Rice w/Tofu (vegetarian, gf; v opt w/no egg)

### **Sides: \$7.50/serving (2 portions)**

Rapini w/Garlic, Red Pepper Flakes, & Olive Oil (v, gf)  
Roasted Calif. Asparagus (v, gf)  
Roasted Mashed Kabocha Squash w/Maple & Butter (gf; v opt)  
Swiss Chard Al Forno (w/bechamel sauce & parmesan) (vegetarian, gf)  
Honey Glazed Turnips (gf; v opt)  
Coconut Basmati Rice (v, gf)  
Quinoa w/Caramelized Onion & Mushroom (v, gf)  
Whole Wheat Honey Dinner Rolls  
Coconut Basmati Rice (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Arugula Mango Salad w/lime (v, gf)  
Spinach Salad w/Avocado, Egg, Cashews, Cukes, Peppers (gf; v opt)  
Scattered Sushi Salad w/Wasabi Dressing (v, gf)  
Moroccan Carrot Salad w/Spicy Harissa & Feta (gf; v opt)

### **Soups: \$7.50/pint (2 small portions)**

Fish Stew w/Green Herb Pesto, Chiles, & Coconut (df, gf)  
Polenta Vegetable Soup w/Kale & Fennel (gf; v opt)

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

Mixed Berry (our own!) Cobbler w/Whipped Cream (vegan option - Berry Crisp)  
Oatmeal Chocolate Chip Cookies  
Gluten-free Italian Pine Nut Cookies (df, gf)  
Cut up fresh fruit (v, gf)

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

Banana Nut Muffins  
Quiche w/Bacon & Caramelized Onion (no bacon opt, no crust gf opt)  
Scrambled Tempeh and Tofu with Mushroom & Caramelized Onion (v, gf)  
Scrambled Chicken Sausage, Potato, & Egg (df, gf)

### **A LA CARTE EXTRAS**

Freshly-squeezed Organic Grapefruit; \$5/pint  
Chai; \$6/quart  
Ginger Lemon Honey Tea; \$5/quart  
Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag  
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/lb. jar)  
Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag  
Fresh Vegetable Stock; \$5/quart

**Weekly A La Carte Menu Choices – April 21, 2015**

**Entrees: \$16/2 small portions**

Tuscan Farro & White Beans w/Tomato & Fresh Basil (v, gf)

Mediterranean Braised Chicken Thighs w/Mushroom, Tomato, & Basil (gf, df opt)

Pan-fried New England Haddock w/Coconut,Lime & Herbs (gf, df opt)

**Sides: \$7.50/serving (2 portions)**

Mixed Greens w/Champagne Vinegar (v, gf)

Root Vegetable Tarte Tatin (vegetarian)

Shitake & Baby Bok Choi (gf, v opt)

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

Braised Leeks w/Olive Oil & Parmesan (v opt, gf)

Farro w/Sage & Lemon (v, gf)

Whole Wheat Honey Dinner Rolls

Coconut Basmati Rice (v, gf)

**Salads: \$7.50/serving (2 portions)**

Watercress Salad w/Pear, Avocado & Citrus (v, gf)

Basmati & Wild Rice Salad w/Walnuts, Apples, Veggies & Goat Cheese (v opt, gf)

Fennel & White Bean Salad (v opt, gf)

Roasted Beet & Citrus Salad (v, gf)

**Soups: \$7.50/pint (2 small portions)**

Creamy Chickpea Soup w/Shrimp & Tomato (df, gf)

Hearty Vegetable Stew (v, gf)

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

Apple & Pear Crisp w/Whipped Cream (v opt, gf opt)

Ginger Snaps

Banana Mini-Bundt Cakes w/Choc. Ganache Glaze

Cut up fresh fruit (v, gf)

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

Baked French Toast w/Pecans & Maple Syrup (vegetarian)

Pear Muffins

Scrambled Tempeh and Tofu w/Basil & Leeks (v, gf)

Scrambled Pork Sausage, Potato, Egg (df, gf)

**A LA CARTE EXTRAS**

Freshly-squeezed Organic Grapefruit; \$5/pint

Chai; \$6/quart

Ginger Lemon Honey Tea; \$5/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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/lb. jar)

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Fresh Vegetable Stock; \$5/quart

**Weekly A La Carte Menu Choices – April 28, 2015**

**Entrees: \$16/2 small portions**

Alice's Super Beef, Pork, Rice & Bean Burritos (vegetarian or vegan opt)

BBQ Chicken Legs on Sweet & Sour & Spicy Cabbage

Cuban-style Gulf-coast Shrimp on Rice (vegan opt with tofu, gf)

**Sides: \$7.50/serving (2 portions)**

Roasted Smashed Potato Halves w/Fresh Ramps Pesto (v opt, gf)

Roasted Green Beans w/Pine Nuts & Lemon (v opt, gf)

Sweet & Sour & Spicy Cabbage (v, gf)

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

Root Veggie Gratin (vegetarian)

Quinoa (v, gf)

Mexican-style Rice (v, gf)

Mexican-style Black & Pinto Beans (v, gf)

**Salads: \$7.50/serving (2 portions)**

Radicchio Romaine Salad w/Orange & Pistachio & Yogurt Vinaigrette (v opt, gf)

Pomegranate Tabouli Salad (v)

Cuke Salad w/Chile & Roasted Peanut (v, gf)

Cabbage & Carrot Coconut Slaw (v opt, gf)

**Soups: \$7.50/pint (2 small portions)**

Chicken Vegetable Soup w.optional noodles (df, gf)

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

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

Flan! (gf)

Exquisite Italian Cheese Plate (4-5 types)

Almond Anise Biscotti

Cut up fresh fruit (v, gf)

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

Pecan Date Scones

Fresh Mozzarella, Basil & Tomato Quiche (vegetarian)

Maple Sausage, Potato & Egg Scramble (gf)

Scrambled Tofu & Tempeh w/Basil & Sun-dried Tomato (v, gf)

**A LA CARTE EXTRAS**

Freshly-squeezed Organic Grapefruit; \$5/pint

Chai; \$6/quart

Ginger Lemon Honey Tea; \$5/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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/lb. jar)

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

## Weekly A La Carte Menu Choices – May 5, 2015

### **Entrees: \$16/2 small portions**

Wild Rice Roasted Squash Casserole w/Seared Portabellas, Caramelized Onion, Toasted Pecan (v opt, gf)

Indian Spiced Chicken Thighs with Chickpeas & Spinach (df, gf)

Baked Tilapia with Citrus, Coconut Milk & Herbs (df, gf)

### **Sides: \$7.50/serving (2 portions)**

Kale Saute' with Mango Vinegar (v, gf)

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

Irish Colcannon (delectable mashed potato/cabbage/leek) (v opt, gf)

Sugar Snap & Julienne Carrot Saute (v opt, gf)

Roasted Brussels Sprouts (v, gf)

Wild Rice w/Portabella (v, gf)

Spicy Chickpeas (v, gf)

Coconut Basmati Rice (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Watercress Salad w/Pixie Tangerine, Sunflower Sds. & Aged Balsamic (v, gf)

Coleslaw w/ Peanut Sauce (v, gf)

Spinach Salad w/ Egg, Avocado, Pepper, Cuke, Cashews, Feta (v opt, gf)

Black Lentil Salad (v opt, gf)

### **Soups: \$7.50/pint (2 small portions)**

Hearty White Bean Soup w/Roasted Tomato (v, gf)

Split Pea & Smoked Ham Soup (df, gf)

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

Poached Pears w/Whipped Cream & Reduced Wine Glaze (df/v opt, gf)

Shortbread

Chocolate Decadence Truffle Cake (gf)

Cut up fresh fruit (v, gf)

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

Berry Muffins w/Streusel

Quiche w/Portabellas & Caramelized Onions (gf opt)

Scrambled Tempeh and Tofu w/Ports & Caram. Onions (v, gf)

Sausage, Potato, & Egg Scramble (df, gf)

### **A LA CARTE EXTRAS**

Freshly-squeezed Organic Grapefruit; \$5/pint

Chai; \$6/quart

Ginger Lemon Honey Tea; \$5/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

**Weekly A La Carte Menu Choices – May 12, 2015**

**Entrees: \$16/2 small portions**

Lamb Shepherd's Pie (gf opt)

Roasted Stuffed Onions w/tomato and feta (vegetarian)

Roasted Wild Alaskan Salmon w/Lemon & Herbs (gf)

Haricots verts and Tofu w/Spicy Peanut Sauce on Jasmine Rice (v, gf)

**Sides: \$7.50/serving (2 portions)**

Fiddleheads! sauteed w/butter (v opt, gf)

Roasted Local Asparagus (v, gf)

Leek Fritters w/Thick Yogurt Sauce (vegetarian)

Collards w/Shallots & Sesame (v, gf)

Sweet & Sour Sesame Carrots on Warm Cabbage (v, gf)

Roasted Stuffed Portabellas w/melted Taleggio (vegetarian, gf)

Fragrant Jasmine Rice (v, gf)

Black Beans in Mango Sauce (v, gf)

**Salads: \$7.50/serving (2 portions)**

Raw Kale Salad w/Edamame & Slivered Green Beans (v opt, gf)

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

Asian Chicken Cabbage Salad (df, gf)

Quinoa Salad w/Tomato & Lime (v, gf)

**Soups: \$7.50/pint (2 small portions)**

Fiddlehead & Wild Leek Soup (v opt, gf)

Chili con Carne (df)

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

Apple Cake w/ Chocolate Ganache Glaze & Whipped Cream

Grain-free Double Chocolate Cookies (df, gf)

Vegan Baked Apples (v, gf)

Cut up fresh fruit (v, gf)

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

Asparagus Quiche (gf opt)

Asparagus Tofu Frittata (v)

Parmesan Bread Pudding w/Sausage & Local Spinach

Peach Muffins

**A LA CARTE EXTRAS**

Freshly-squeezed Organic Grapefruit; \$5/pint

Chai; \$6/quart

Ginger Lemon Honey Tea; \$5/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar

## Weekly A La Carte Menu Choices – May 19, 2015

### **Entrees: \$16/2 small portions**

Quinoa Chicken Corn Tortilla Casserole w/Pintos, Salsa Verde & Jack (gf, veget. opt., vegan opt.)

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

Caribbean Mahi-Mahi w/Peach Salsa

### **Sides: \$7.50/serving (2 portions)**

Local Asparagus, Steamed with Butter (gf, v opt)

Roasted Root Veggies w/Balsamic & Pomegranate Molasses (v opt, gf opt,)

Sweet Potato Cakes w/ yogurt herb sauce (veget.)

Caramelized Endive w/ Taleggio (v opt, gf opt)

Glazed Beets w/Toasted Walnuts (gf, v opt)

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

Savory White Beans (v, gf)

Coconut Basmati Rice (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Fiddlehead Salad w/ Toasted Hazelnuts & Ricotta Salata on just-picked Arugula (gf, v opt)

Just-Picked Arugula & Greens Salad w/ Balsamic Vinaigrette (gf, v opt)

Lentil & Avocado Salad (gf, v opt)

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

### **Soups: \$7.50/pint (2 small portions)**

Chorizo & White Bean Soup (df, gf)

Cream of Asparagus Soup (veget.; v opt, gf opt)

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

Cranberry Pear Pudding Cake

Fresh Applesauce (serve hot) w/ Fresh Yogurt & Crystallized Ginger (gf)

Chocolate Pudding

Vegan Almond Butter Oat Chocolate Cookies (v, gf)

Cut up fresh fruit (v, gf)

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

Quiche w/ Chorizo Sausage & Fiddleheads (veget. opt)

Scrambled Tofu & Tempeh w/Asparagus & Leeks

Muesli w/Fresh & Dried Fruit, Nuts, Yogurt, & Maple Syrup (gf)

Pear Muffins w/Crystallized Ginger

### **A LA CARTE EXTRAS**

Freshly-squeezed Organic Grapefruit; \$5/pint

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

Chai; \$6/quart

Ginger Lemon Honey Tea; \$5/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar

## Weekly A La Carte Menu Choices – May 26, 2015

### **Entrees: \$16/2 small portions**

Asparagus, Snow Pea & Mixed Veggie Stir Fry w/Tofu & Basmti Rice (v, gf)

Greek Chicken Breast Roulade stuffed w/Olives & Sun-dried Tomato

Gingery Stir-fried Shrimp w/ Basmati Rice (df, gf)

### **Sides: \$7.50/serving (2 portions)**

Local Bok Choi Sauteed w/Shitake (gf, v opt)

Baked Red Onion Slices w/Walnut Salsa & Goat Cheese (gf, v opt)

Honey-Roasted Carrot Sticks w/Tahini Yogurt (v opt, gf)

Honey-Roasted Carrot Sticks w/Tahini Yogurt (v opt, gf)

Squash w/Cardamom & Nigella Seeds (gf, v opt)

Indian Spiced Chickpeas (v, gf)

Gome (Japanese toasted buckwheat) (v, gf)

Coconut Basmati Rice (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Fiddlehead Salad w/ Toasted Hazelnuts & Ricotta Salata on just-picked Arugula (gf, v opt)

Local Mixed Greens w/Feta, Olives & Cherry Tomato (gf, v opt)

Rhubarb & Roasted Beet Salad (gf, v opt)

Orzo Avocado Lime Salad w/Cilantro (v)

### **Soups: \$7.50/pint (2 small portions)**

Tomato Coconut Soup w/ Indian Spices (v, gf)

Pork, Squash & Hominy Stew (df, gf)

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

Rhubarb Mousse (grain free)

Delectable Local Cheeses plate

Bread Pudding

Vegan Chocolate Cake (v)

Cut up fresh fruit (v, gf)

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

Quiche w/ Bacon & Spinach (veget. opt, gf opt)

Scrambled Tofu & Tempeh w/Mushrooms & Spinach (v, gf)

Muesli w/Fresh & Dried Fruit, Nuts, Yogurt, & Maple Syrup (gf)

Apple Muffins w/ Cinnamon Streusel

### **A LA CARTE EXTRAS**

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

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

Chai; \$6/quart

Ginger Lemon Honey Tea; \$5/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar

## Weekly A La Carte Menu Choices – June 2, 2015

### **Entrees: \$16/2 small portions**

Alice's Super Burritos (choose beef & pork OR chicken OR vegetarian OR vegan)

Paleo Tortilla-less Burrito! (layered meat, veggie & dairy casserole)

Seafood Cakes w/Fresh Herb Mayo on Basmati Rice

### **Sides: \$7.50/serving (2 portions)**

Braised Local Mixed Greens (v, gf)

Roasted Local Parsnips w/ Balsamic & Garlic (v, gf)

Roasted Local Asparagus (v, gf)

Snow Pea & Beets w/Szechuan Pepper (v, gf)

Eggplant Parmesan cutlets (v opt, gf opt)

Mexican Rice (v, gf)

Quinoa w/ Roasted Onions & Asparagus (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Local Arugula & Mango Salad w/Lime (v, gf)

Local Lettuce & Radicchio Salad w/Tangerines & Pistachios & Citrus Yogurt Dressing (gf, v opt)

Cauliflower Radicchio Salad (v, gf)

Coconut Cabbage Carrot Slaw (v, gf)

### **Soups: \$7.50/pint (2 small portions)**

Cream of Cauliflower & Asparagus Soup (gf, v opt)

Beef Stew (df)

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

Rhubarb Crisp (v opt, gf opt)

Oatmeal Mini-Bundt Cakes w/Broiled Coconut Frosting)

Cut up fresh fruit (v, gf)

Oatmeal Chocolate Chip Cookies

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

Quiche w/ Local Spinach & Goat Cheese (gf opt)

Scrambled Tofu & Tempeh w/Roasted Onions & Spinach (v, gf)

Sausage Scramble w/Potato & Egg

Currant Scones

### **A LA CARTE EXTRAS**

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

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

Chai; \$6/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar

Balsamic Vinaigrette Salad Dressing; \$8/pint



## Weekly A La Carte Menu Choices – June 9, 2015

### **Entrees: \$16/2 small portions**

Sesame Honey Lemon Roasted Chicken Legs on Roasted Potatoes (df, gf)

Wild Rice Roasted Squash Casserole w/Caramelized Onions & Toasted Pecans (gf, v opt)

Herb & Spice Rub Tilapia with Citrus Zest (df, gf)

### **Sides: \$7.50/serving (2 portions)**

Sauteed Local Kale & Greens (v, gf)

Sesame Green Beans w/Edamame (v, gf)

Stir-Fried Asparagus w/Ginger (v, gf)

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

Wild Rice (v, gf)

Red Lentil Dal (v, gf)

Quinoa (v, gf)

Coconut Basmati Rice (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Local Spinach Salad w/Egg, Goat Cheese, Avocado, Peppers, Cukes (gf, v opt)

Local Lettuce & Greens Salad w/Vinaigrette (v, gf)

Moroccan Rainbow Carrot Salad

Quinoa, Corn & Black Bean Salad (v, gf)

### **Soups: \$7.50/pint (2 small portions)**

Chicken Vegetable Soup (gf, df opt)

Chickpea Spinach Soup (gf, v opt)

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

Rhubarb Mousse Again! (gf)

Georgia Peach & Hadley Strawberries w/Whipped Cream (gf, v opt)

Cut up organic melons (v, gf)

Vegan Almond Oat Cookies (v, gf)

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

Quiche w/ Smoked Ham & Portabellas (gf opt, no ham opt)

Scrambled Tofu & Tempeh w/Greens & Onions (v, gf)

Sausage Scramble w/Potato & Egg

Fresh Peach Muffins

### **A LA CARTE EXTRAS**

#### **Shortcake Biscuits for Fresh Fruit**

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

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

Chai; \$6/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar

Balsamic Vinaigrette Salad Dressing; \$8/pint

## Weekly A La Carte Menu Choices – June 16, 2015

### **Entrees: \$16/2 small portions**

Tandoori-style Roasted Chicken Thighs on Basmati Rice (df opt, no rice opt, v opt w/tofu)

Baked Penne w/Fontina, Caramelized Onion & Roasted Red Pepper Sauce (vegetarian, gf opt)

Grilled Fresh Florida Shrimp Skewers on Basmati Rice(df, gf)

Grilled BBQ Tofu & Tempeh on Basmati Rice(v, gf)

### **Sides: \$7.50/serving (2 portions)**

Local Sauteed Baby Bok Choi & Shitake (gf, v opt)

Sweet & Spicy & Sour Cabbage (v, gf)

West African Sweet Potato w/Spicy Ginger Sauce (gf, v opt)

Sauteed Local Swiss Chard & Kale (gf, v opt)

Lemony Barley (gf, v opt)

Rich Braised Mushroom & Pepper Bourguignon (vegetarian, gf, v opt)

Chili-style Kidney & Pinto Beans (v, gf)

Coconut Basmati Rice (v, gf)

### **Salads: \$7.50/serving (2 portions)**

Rainbow Slaw w/Sunflower Seeds & Honey Dressing (v exc. honey, gf)

Raw Kale & Edamame Salad (gf, v opt)

Local Lettuce & Mixed Greens Salad w/Pecans & Veggies (gf, v opt))d

Lemony Barley & Broccoli Salad (v, gf)

### **Soups: \$7.50/pint (2 small portions)**

Asian Beef Noodle Soup (df, gf)

Vegetarian Chili (v, gf)

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

Wine Poached Pears w/whipped cream (gf, v opt)

Chocolate Chip Cream Cheese Chocolate Cupcakes

Cut up organic melons (v, gf)

Cut up Georgia Peaches & Hadley Strawberries w/wh. cream (gf, v opt)

Rice Pudding w/Pistachios & Honey (gf)

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

Quiche w/Local Spinach & Bacon (no crust opt, no bacon opt)

Scrambled Tofu & Tempeh w/Spinach & Roasted Red Peppers (v, gf)

Sausage Scramble w/Potato & Egg

Vegan Banana Muffins (v)

Muesli w/Fresh Yogurt, Fresh & Dried Fruit, Nuts & Seeds (gf)

### **A LA CARTE EXTRAS**

Shortcake Biscuits for Fresh Fruit; \$5/4

Spring Herb Tea Tonic; \$5/half gallon

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

Chai; \$6/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar

Balsamic Vinaigrette Salad Dressing; \$8/pint

## Weekly A La Carte Menu Choices – June 23, 2015

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

Grilled Ground Lamb Kabobs with Hand-rolled Tunisian Couscous (df)

Roasted Wild Salmon w/Strawberry Salsa (df, gf)

Bhutanese Red Rice w/Curried Chickpeas & Greens w/Tahini Sauce (v, gf)

### **Sides: \$7.50/serving (2-4 portions)**

Sauteed Mixed Greens w/Bacon (gf, v opt)

Zucchini Fritters w/Lime Cilantro Salsa

Mixed Wild Mushrooms in Cream Sauce (v opt, g opt)

Irish Colcannon (cabbage & potato), (gf, v opt)

Curried Chickpeas (v, gf)

Bhutanese Red Rice (v, gf)

Hand-rolled Tunisian Couscous (v)

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

### **Salads: \$7.50/serving (2-4 portions)**

Mixed Lettuce & Arugula Salad w/veggies & Parsley Sunflower Sd. Lemon Dressing (v, gf)

Arugula Mango Salad w/Lime (v, gf)

Cuke, Fennel & Pear Salad (v, gf)

Rainbow Beet, Fennel & Sugar Snap Salad (v, gf)

### **Soups: \$7.50/pint (2 small portions)**

Icelandic Fish Stew (Plokkfiskur) (gf)

Summery Minestrone (gf, v opt)

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

Strawberry Rhubarb Crisp w/whipped cream (v opt, gf/paleo opt)

Carrot Hazelnut Ginger Mini-Bundt Cakes

Cut up organic melons (v, gf)

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

Quiche w/Wild Mushrooms & Greens (no crust opt)

Scrambled Tofu & Tempeh w/Wild Mushrooms & Greens (v, gf)

Fresh Strawberry Muffins (v opt)

Muesli w/Fresh Yogurt, Fresh & Dried Fruit, Nuts & Seeds (gf)

### **A LA CARTE EXTRAS**

Spring Herb Tea Tonic; \$5/half gallon

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

Chai; \$6/quart

Honey Hill Almond, Date, & Apricot Granola (v, gf); \$7/bag

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

Whole Wheat Oatmeal Organic Pancake Mix; \$5/1 lb. bag

Freshly-ground Organic Peanut Butter/ \$8/lb. jar