

Alice's Kitchen Weekly A La Carte Menu Choices – June 21, 2016

Entrees : \$16/2-4 portions

Pan-fried Polenta w/Italian Sausage Mushroom Ragu (gf)

Veggie Fried Rice (v opt, gf)

Shrimp Fried Rice (df, gf)

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

Just-picked Greens w/Mango Vinegar & Garlic (v, gf)

Braised Collards w/Bacon (veget. opt, gf)

Sauteed Summer Squash w/Anise Hyssop (v opt, gf)

Roasted Lemony Cauliflower (v, gf)

Baba Ghanoush (roasted eggplant dip) (v, gf)

Coconut Basmati Rice (v, gf)

Savory Pinto Beans (v, gf)

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

Just-picked Lettuce Salad (v, gf)

Endive Salad w/Pears, Goat Cheese & Candied Pecans (df opt, gf)

Cuke Chili Peanut Salad (v, gf)

Cabbage Carrot Slaw (df opt, gf)

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

Cauliflower & Spring Greens Soup (v opt, gf)

Pork, Pinto, Corn & Chile Soup (df, gf)

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

Peaches & Cream (gf)

Almond Anise Biscotti

Flan (gf)

Fresh Fruit (v, gf)

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

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

Quiche w/Bacon & Mushroom (gf opt.)

Fresh Strawberry Muffins

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

Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

PRODUCE:

Lettuce, beautiful heads, mixed varieties; \$2.50 each

Young Lettuce Mix, many mixed varieties; \$4/ 1/2 lb..

Young Rainbow Swiss Chard; \$3/bunch

Mixed Asian Greens for Cooking; \$3/large bag

A LA CARTE EXTRAS

Spring 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

Alice's Yummy Pancake batter w/Rhubarb Sauce; \$8/quart pancake mix & 1/2 pt. sauce

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

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

Organic Pear Chutney; \$6/8 oz. jar

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

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

Alice's Kitchen Weekly A La Carte Menu Choices – June 14, 2016

Entrees : \$16/2-4 portions

BBQ Chicken Legs (df, gf)
Rice, Tofu & Veggie Stir Fry w/Peanut Sauce (v, gf)
Wild Alaskan Salmon w/Mango & Basil (df, gf)

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

Sauteed Baby Kale & Greens w/Olive Oil & Garlic (v, gf)
African Sweet Potato & Squash Curry w/Peanut (v, gf)
Salty Edamame Soybeans in the Pod (v, gf)
Eggplant Parmesan Cutlets (gf opt)
Sweet & Sour & Spicy Cabbage (v, gf)
Coconut Basmati Rice (v, gf)
Savory White Beans w/Lemon & Sage (v, gf)

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

Local Mixed Greens Salad (v, gf)
Raw Kale Salad w/Dried Cranberries & Edamame (v opt, gf)
Potato Salad (veget., gf)
Spicy & Citrusy Sesame Peanut Noodles (v)

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

Lamb Stew (df, gf opt)
Lentil Soup (v, gf)

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

Peaches & Cream (gf)
Local Strawberries & Cream (gf)
Italian Pine Nut Cookies (df, gf)
Fresh Fruit (v, gf)
Strawberry Rhubarb Cobbler

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Quiche w/Sweet Potato, Onion & Fontina (gf opt.)
Pear Muffins
Scrambled Tofu w/Sweet Potato, Greens & Caramelized Onion (v, gf)
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

PRODUCE:

Lettuce, beautiful heads, mixed varieties; \$2.50 each
Young Lettuce Mix, many mixed varieties; \$6/lb.
Mixed Greens for Braising, many varieties \$8/lb.

A LA CARTE EXTRAS

Spring 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
Alice's Yummy Pancake batter w/Rhubarb Sauce; \$8/quart pancake mix & 1/2 pt. sauce
Organic Fruit Leather (fruit with a dash of maple syrup); \$5/6 rolls
Organic Pear Jam; \$5/8 oz. jar
Organic Pear Chutney; \$6/8 oz. jar
Freshly-ground Organic Peanut Butter; \$8/pint
Balsamic Maple Vinaigrette; \$5/8 oz. jar
Exquisite Fresh Basil Pesto; \$5/4 oz.jar

Alice's Kitchen Weekly A La Carte Menu Choices – June 7, 2016

Entrees: \$16/2-4 portions

Grilled Lamb Patties w/Red Onion Sumac Slaw on Basmati Rice (df, gf opt)
Baked Red Onion Slices w/Walnut Pesto & Goat Cheese on Arugula (v opt, gf)
Caribbean-style Mahi-Mahi (df, gf)

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

Braised Local Mixed Greens (v, gf)
Swiss Chard Al Forno (baked w/cream sauce) (veget.)
Beets & Citrus (v opt, gf)
Stir-fried Asparagus & Ginger (v, gf)
Colcannon (Creamy Potato & Cabbage) (veget., gf)
Sautéed Parsnips w/Bacon & Shallots (v opt, gf)
Coconut Basmati Rice (v, gf)
Mexican-flavored Pinto & Kidney Beans (v, gf)

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

Roasted Rhubarb & Beet Salad (v opt., gf)
Local Spinach Salad w/Veggies, Apples, Feta & Egg (v opt, df opt, gf)
Local Mixed Greens Salad w/Crunchy Veggies (v, gf)
Coconut Cabbage Carrot Slaw (v, gf)

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

Vegetarian Chili (v, gf)

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

Exquisite Cheese Selection
Rhubarb Crisp (gf opt, v opt)
Shortbread
Fresh Fruit (v, gf)

Currant Pear Pudding Cake

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Quiche w/Spinach & Bacon (gf opt.)
Apple Muffins
Scrambled Tofu w/Spinach & Caramelized Onion((v, gf)
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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
Pancakes (wet & dry separate) w/Rhubarb Sauce; \$8/quart pancake mix & 1/2 pt. sauce
Organic Fruit Leather (fruit with a dash of maple syrup); \$5/6 rolls
Organic Pear Jam; \$5/8 oz. jar
Organic Plum Chutney; \$6/8 oz. jar
Organic Pear Chutney; \$6/8 oz. jar
Freshly-ground Organic Peanut Butter; \$8/pint
Organic Oat Whole Wheat Pancake Mix; \$5/bag
Balsamic Maple Vinaigrette; \$5/8 oz. jar

Alice's Kitchen Weekly A La Carte Menu Choices – May 31, 2016

Entrees: \$16/2-4 portions

Meatloaf w/Marinara Sauce (df opt, gf opt)

Italian-style Stuffed Cabbage w/Wild Rice, Nuts & Veggies (v opt, gf)

Pan-fried Cod w/Red & Green Pesto (df opt, gf)

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

Braised Local Baby Kale & Our Mixed Greens (v, gf)

Our Baby Bok Choi w/Shiitake (v opt gf)

Roasted Sweet Potato Slices (v opt, gf)

Fennel Gratin (veget.)

Potato Kale Bake (veget., gf)

Coconut Basmati Rice (v, gf)

Savory Chickpeas (v, gf)

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

Pasta Pesto Salad w/Local Basil (v opt, gf opt)

Local Spinach Salad w/Veggies, Apples, Feta & Egg (v opt, df opt, gf)

Local Mixed Greens Salad w/Crunchy Veggies (v, gf)

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

Shrimp, Chickpea & Roasted Tomato Soup (df opt, gf)

Potato Leek Soup (v opt, gf)

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

Exquisite Cheese Selection

Rhubarb Mousse

Chocolate Cream Cheese Chocolate Chip Cupcakes

Fresh Fruit (v, gf)

Georgia Peaches & Local Cream (v opt, gf)

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

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

Quiche w/Fresh Mozz, Fresh Basil & Tomato (gf opt.)

Date Pecan Scones

Scrambled Tofu w/Roasted Tomato & Basil ((v, gf)

Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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

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

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

Organic Plum Chutney; \$6/8 oz. jar

Organic Pear Chutney; \$6/8 oz. jar

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

Organic Oat Whole Wheat Pancake Mix; \$5/bag

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

Alice's Kitchen Weekly A La Carte Menu Choices – May 24, 2016

Entrees: \$16/2-4 portions

Roasted Maple Lemon Herb Chicken (df, gf)

Madagascar Pink Rice w/Fried Tofu, Spinach, Mango & Cashews (v, gf)

Roasted Wild Alaskan Salmon (df, gf)

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

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

Chinese-style Stir-fried Local Yu Choy (v, gf)

Roasted Rainbow Carrots (v opt, gf)

Crispy Baked Potato Halves w/Ramps & Greens Pesto (veget.,gf)

Roasted Local Asparagus (v, gf)

Leek Fritters (veget.)

Coconut Basmati Rice (v, gf)

Savory Black Beans (v, gf)

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

Cuke, Chili & Peanut Salad (v, gf)

Local Spinach Salad w/Veggies, Apples, Feta & Egg (v opt, df opt, gf)

Local Mixed Greens Salad w/Crunchy Veggies (v, gf)

Crunchy Peanut Slaw (v, gf)

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

Green Posole w/Fish & Cilantro (df, gf)

Red Lentil Chard Soup (v, gf)

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

Bread Pudding

Decadent Chocolate Truffle Cake (gf)

Fresh Fruit (v, gf)

Georgia Peaches & Local Cream (v opt, gf)

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

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

Quiche w/Broccoli & Bacon (no bacon opt., gf opt.)

Alice's Levitation Pancakes (wet & dry separate) with Rhubarb Sauce

Scrambled Tofu w/Broccoli & Greens (v, gf)

Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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

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

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

Organic Plum Chutney; \$6/8 oz. jar

Organic Pear Chutney; \$6/8 oz. jar

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

Organic Oat Whole Wheat Pancake Mix; \$5/bag

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

Alice's Kitchen Weekly A La Carte Menu Choices – May 17, 2016

Entrees: \$16/2-4 portions

Moroccan Chicken w/Arugula & Chickpeas (df, gf)

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

Grilled Fresh Florida Shrimp w/Coconut Basmati Rice (df, gf)

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

Local Braised Greens w/Mango Vinegar & Shallots (v, gf)

Golden Local Beets w/Shallot Cream Sauce (v opt, gf opt.)

Local Baby Bok Choi w/Local Shiitake (v opt, gf)

Braised Fennel w/Parmesan (v opt, gf)

Roasted Local Asparagus (v, gf)

Savory Quinoa (v, gf)

Coconut Basmati Rice (v, gf)

Savory Chickpeas & Pintos (v, gf)

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

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

Our Own Spinach Salad w/Veggies, Apples, Feta & Egg (v opt, df opt, gf)

Local Mixed Greens Salad w/Crunchy Veggies (v, gf)

Roasted Beet & Fennel Salad (v opt, gf)

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

Fiddlehead Asparagus Soup (v opt, gf)

Beef Stew (df, gf opt)

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

Rhubarb Mousse (gf)

Chocolate Chip Oatmeal Cookies

Fresh Fruit (v, gf)

Rice Pudding w/Pears, Pistachios & Honey

Vegan bars w/Chocolate Chips (v, gf)

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

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

Quiche w/Spinach & Chorizo (no chorizo opt.,gf opt)

Berry & Pear Muffins

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

Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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

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

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

Organic Plum Chutney; \$6/8 oz. jar

Organic Pear Chutney; \$6/8 oz. jar

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

Organic Oat Whole Wheat Pancake Mix; \$5/bag

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

Alice's Kitchen Weekly A La Carte Menu Choices – May 10, 2016

Entrees: \$16/2-4 portions

Alice's Super Burritos (2/order; choose beef & pork; chicken; veget.; no tortilla casserole)

BBQ Tofu on Coconut Basmati Rice (v, gf)

Seafood Cakes (df, gf opt)

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

Sauteed Kale w/Bacon (v opt, gf)

Asparagus (no grit this week!!) (v opt, gf)

Roasted Parsnips (v, gf)

Roasted Radicchio w/Balsamic & Honey (v, gf)

Sweet Potato Gratin (v opt, gf opt)

Mashed Potato w/Miso Gravy (veget.)

Coconut Basmati Rice (v, gf)

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

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

Fiddlehead Salad on Just-picked Arugula w/Ricotta Salata & Pine Nuts (v opt, gf)

Our Own Spinach Salad w/Veggies, Apples, Feta & Egg (v opt, df opt, gf)

Mixed Greens Salad w/Crunchy Veggies (v, gf)

Cabbage & Carrot Slaw (v opt, gf)

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

Thai-inspired Tomato & Coconut Soup (v opt, gf)

Chicken & Rice Soup (df, gf)

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

Exquisite Local Cheeses Selection

Pear Apple Crisp (v opt, df opt, gf opt)

Fresh Fruit (v, gf)

Sesame Peanut Bars (v, gf)

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

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

Quiche w/Asparagus & Leek (gf opt)

Baked French Toast

Scrambled Tofu w/Asparagus, Oyster Mushrooms & Leeks (v, gf)

Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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

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

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

Organic Plum Chutney; \$6/8 oz. jar

Organic Pear Chutney; \$6/8 oz. jar

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

Organic Oat Whole Wheat Pancake Mix; \$5/bag

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

Alice's Kitchen Weekly A La Carte Menu Choices – May 3, 2016

Entrees: \$16/2-4 portions

BBQ-Slathered Oven-Roasted Pork Ribs (df, gf)
Cheese & Veggie Baked Orzo (veget.)
Herb & Spice Rubbed Tilapia w/our own Peach Salsa (df, gf)

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

Chard w/Borlotti Beans & Garlic (v opt, gf)
Local Asparagus!! (v opt, gf)
Fiddleheads! (v opt, gf)
Green Beans w/Roasted Tomato & Almond Pesto (v opt, gf)
Sweet Potato Rounds Roasted w/Coconut (v, gf)
Braised Cabbage & Apple (v opt, gf)
Coconut Basmati Rice (v, gf)
Spicy Chickpeas (v, gf)

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

Local Mixed Salad Greens w/Crunchy Veggies (v, gf)
Radicchio Romaine Salad w/Citrus Yogurt Dressing (gf)
Raw Kale Salad w/Edamame & Dried Cranberries (v opt, gf)
Spicy Moroccan Carrot Salad (v opt, gf)

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

Chickpea & Sweet Potato Stew (v, gf)
Chili con Carne (df, gf)

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

Exquisite Local Cheeses Selection
Italian Pine Nut Cookies (df, gf)
Fresh Fruit (v, gf)
Gluten-free Chocolate Almond Loaf Cake (df, gf)

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

Honey Hill Almond, Date & Apricot Granola
Quiche w/Bacon & Greens (veget. opt, gf opt)
Currant Scones
Scrambled Tofu w/Greens & Ramps (v, gf)
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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
Organic Fruit Leather (fruit with a dash of maple syrup); \$5/6 rolls
Organic Pear Jam; \$5/8 oz. jar
Organic Plum Chutney; \$6/8 oz. jar
Organic Pear Chutney; \$6/8 oz. jar
Freshly-ground Organic Peanut Butter; \$8/pint
Organic Oat Whole Wheat Pancake Mix; \$5/bag
Balsamic Maple Vinaigrette; \$5/8 oz. jar

Alice's Kitchen Weekly A La Carte Menu Choices – April 26, 2016

Entrees: \$16/2-4 portions

Turkey Burgers w/Sour Cream Sumac Sauce & Whole wheat Rolls (df opt, gf opt. no rolls)

Pan-fried Polenta w/Basil Pesto & our frozen Garden Tomato Sauce w/Fresh Mozz. (veget, gf)

Gingery Stir-Fried Shrimp w/Red Rice (df, gf)

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

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

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

Creamy Rutabaga Gratin (veget., gf opt)

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

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

Sweet & Sour & Spicy Cabbage (v, gf)

Coconut Basmati Rice (v, gf)

Red Lentil Dal (v, gf)

Bhutanese Red Rice (v, gf)

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

Watercress Salad w/Pixie Tangerines, Sunflower Seeds & Aged Balsamic (v, gf)

Arugula Mango Salad w/Lime (v, gf)

Orzo Avocado Lime Salad w/Cilantro (v)

Slaw w/Spicy Peanut Sauce (v, gf)

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

Fish Stew w/Green Herb Pesto, Chile & Coconut (df, gf)

Corn Tomatillo Soup w/Cilantro (v, gf)

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

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

Chocolate Pudding (gf)

Fresh Fruit (v, gf)

Pear Cranberry Currant Pudding Cake (Clafouti)

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

Honey Hill Almond, Date & Apricot Granola

Quiche w/Leeks & Rapini (gf opt)

Pear Muffins w/Crystallized Ginger

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

Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

A LA CARTE EXTRAS

Spring 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

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

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

Organic Plum Chutney; \$6/8 oz. jar

Organic Pear Chutney; \$6/8 oz. jar

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

Organic Oat Whole Wheat Pancake Mix; \$5/bag

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

Alice's Kitchen Weekly A La Carte Menu Choices – April 19, 2016

Entrees: \$16/2-4 portions

Tunisian Lamb & Beef Meatballs on Basmati Rice (df/gf opt)

Baked Penne w/Fire-Roasted Red Pepper Sauce w/ Fontina & Caramelized Onion (veget; gf opt)

Roasted Mediterranean Wild Alaskan Salmon (df, gf)

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

Braised Collards w/Coconut Milk & Ginger (v, gf)

West African Sweet Potatoes w/Pineapple & Banana (v, gf)

Cauliflower Gratin (veget,)

Edamame Soybeans in Salty Pods (v, gf)

Roasted Cauliflower (v, gf)

Miso-Glazed Turnips (v opt, gf)

Coconut Basmati Rice (v, gf)

Savory Black Beans (v, gf)

Scalloped Potato & Kale (veget.)

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

Fresh Local Salad Greens w/Crunchy Veggies (v, gf)

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

Cuke Chili Salad (v, gf)

Cabbage Carrot Slaw w/Za'atar Walnut Pesto Dressing (veget; gf opt)

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

Chicken Vegetable Soup (df, gf opt)

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

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

Mixed Berry (Our Own!) Cobbler (df/gf opt: Crisp)

Chocolate Chip, Pumpkin Seed, & Chili Cookies

Fresh Fruit (v, gf)

Gluten-Free Double Chocolate Cookies (df, gf)

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

Honey Hill Almond, Date & Apricot Granola

Quiche w/Fresh Mozz., Tomato & Basil (gf opt)

Berry Muffins

Scrambled Tofu w/Roasted Tomato & Basil (v, gf)

A LA CARTE EXTRAS

Spring 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

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

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

Organic Plum Chutney; \$6/8 oz. jar

Organic Pear Chutney; \$6/8 oz. jar

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

Organic Oat Whole Wheat Pancake Mix; \$5/bag

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