

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

Entrees : \$16/2-4 portions

Oven-Roasted BBQ Slathered Pork Ribs (df, gf)

Spicy Chickpeas & Hand-rolled Couscous on Chard w/Shak Shuka & Quail Eggs (v opt, gf opt w/rice)

Cuban-style Shrimp on Rice (df, gf)

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

Sauteed Mixed Summer Greens w/Onion, Pepper & Tomato (v, gf)

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

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

Sauteed Toy Choy (Bok Choi) w/Shiitake (v opt, gf)

Baba Ganoush (v, gf)

Glazed Citrusy Beets w/Toasted Walnuts (v opt, 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/Egg, Avocado, Cukes & Peppers (v opt, gf)

Arugula Mango Lime Salad (v, gf)

Spicy Cabbage & Carrot Slaw (v opt, gf)

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

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

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

Chocolate Chip Oatmeal Cookies

Peaches & Cream (gf)

Fresh Fig Tarts w/Orange Flower/Hazelnut Custard

Fresh Fruit (v, gf)

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

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

Fresh Apple Muffins w/Cinnamon Streusel

Quiche w/Rapini & Fire-roasted Peppers (gf opt)

Scrambled Tofu w/Rapini & Fire-roasted Peppers (v, gf)

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

PRODUCE:

Tender Green Beans; \$3 per pound bag

Mixed Summer Squash; \$3 per bag

Beets w/Greens; \$3/bag

A LA CARTE EXTRAS

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

Fresh Organic Blueberry Jam!; \$5/half pint

Summer 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

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

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

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

Entrees : \$16/2-4 portions

Baked Tandoori Chicken w/Curried Lentils & Rice (df opt, gf)

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

Shrimp, Leek & Porcini Risotto (gf)

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

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

Braised Mixed Kale w/Bacon (v opt, gf)

Roasted Delicata Squash Rings (v, gf)

Buttery Corn & Fresh Shell Bean Succotash (gf)

Eggplant Parmesan (df opt, gf opt)

Steamed Potatoes w/Butter & Parsley (v opt, gf)

Curried Lentils (v, gf)

Coconut Basmati Rice (v, gf)

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

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

Potato & Fire-Roasted Pepper Salad (v opt, gf)

Cuke Salad w/Chiles & Roasted Peanuts (v, gf)

Orzo Avocado Lime Salad w/Cilantro (v, gf rice opt.)

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

Fish, Tomatillo & Hominy Soup (df, gf)

Summery Minestrone (v, gf)

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

Apple Crisp (df opt, gf opt)

Peaches & Cream (gf)

Decadent & Delicious Fresh Figs & Cream!! (gf)

Fresh Fruit (v, gf)

Italian Pine Nut Cookies (df, gf)

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

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

Fresh Peach Scones

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

Scrambled Tofu w/Portabellas & Caramelized Onion (v, gf)

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

PRODUCE:

Tender Green Beans; \$3 per pound bag

Mixed Summer Squash; \$3 per bag

Beets w/Greens; \$3/bag

A LA CARTE EXTRAS

Fresh Organic Blueberry Jam!; \$5/half pint

Summer 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

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

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

Alice's Kitchen Weekly A La Carte Menu Choices – August 30, 2016

Entrees : \$16/2-4 portions

Braised Chicken Cacciatore w/Heirloom Tomatoes & Porcini (df, gf)

Vegetable Lo Mein w/Seasonal Veggies (v)

Roasted Wild Alaskan Salmon w/Local Melon Salsa (df, gf)

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

Braised Summer Greens w/Olive Oil, Lemon Zest & Garlic (v, gf)

Roasted Asian Eggplant w/Garlic & Olive Oil (v, gf)

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

Stewed Italian Green Beans w/Tomato, Onion & Basil (v, gf)

Eggplant Tomato Cheesecake (veget., gf)

Roasted Summer Squash (v, gf)

Cauliflower Gratin (veget.)

Coconut Basmati Rice (v, gf)

Savory Heirloom Marifax Beans (v, gf)

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

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

Arugula Mango Salad w/Lime (v, gf)

Crunchy Peanut Slaw (v, gf)

Quinoa Beet Salad w/Mint & Lime (v, gf)

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

Thai-inspired Tomato Coconut Soup (v, gf)

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

Peach Blueberry Cobbler Again!! (gf df crisp opt)

Peaches & Cream (gf)

Fresh Fruit (v, gf)

Chocolate Pudding (gf)

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

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

Blueberry Scones

Quiche w/Goat Cheese, Sweet Potato & Onion (gf opt)

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

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

PRODUCE:

Tender Green Beans; \$3 per pound bag

Mixed Summer Squash; \$3 per bag

Beets w/Greens; \$3/bag

A LA CARTE EXTRAS

Fresh Organic Blueberry Jam!; \$5/half pint

Summer 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

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

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

Alice's Kitchen Weekly A La Carte Menu Choices – August 23, 2016

Entrees : \$16/2-4 portions

Italian-style Meatloaf (df opt, gf opt)
Stuffed Sweet Peppers w/Rice, Veggies & Nuts (v opt, gf)
Mahi-Mahi w/Fresh Peach Salsa (df, gf)

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

Sauteed Chard w/Onion, Garlic & Olive Oil (v, gf)
Collards w/Coconut Milk, Ginger & Bacon (v opt, gf)
West African Sweet Potatoes w/Spicy Ginger Peanut Sauce (v, gf)
Roasted Cauliflower (v, gf)
Colcannon (Creamy Potato & Cabbage Bake) (veget.)
Sauteed Zuke w/Fresh Tomato & Basil (v, gf)
French Lentils (v, gf)
Coconut Basmati Rice (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)
Pasta Pesto Salad (veget.)
Cuke & Heirloom Tomato Salad w/Aged Balsamic (v, gf)

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

Southwestern Corn Chowder (veget., gf)

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

Double Chocolate Gluten Free Cookies (df, gf)
Peaches & Cream (gf)
Fresh Fruit (v, gf)
Fresh Apple Cake w/Whipped Cream

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Peach Blueberry Muffins
Quiche w/Corn & Leeks (veg opt, gf opt)
Scrambled Tofu w/Corn, Leeks & Basil (v, gf)
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

PRODUCE:

Mixed Summer Squash; \$3 per bag
Beets w/Greens; \$3/bag
Mixed Greens for Cooking; \$3/large bag

A LA CARTE EXTRAS

Fresh Organic Raspberry Jam!; \$5/half pint
Fresh Organic Blueberry Jam!; \$5/half pint
Summer Herb Tea Tonic; \$5/half gallon
Ginger Honey Lemon Tea; \$5/quart
Fresh-Squeezed Organic Lemonade;\$5/qt.
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
Freshly-ground Organic Peanut Butter; \$8/pint
Organic Pear Chutney; \$6/8 oz. jar
Exquisite Fresh Basil Pesto; \$5/4 oz.jar

Alice's Kitchen Weekly A La Carte Menu Choices – August 16, 2016

Entrees : \$16/2-4 portions

Oven-Roasted BBQ Chicken (df, gf)

Grilled BBQ Tofu w/Coconut Basmati Rice (v, gf)

Tilapia w/Fresh Blueberry Salsa (df, gf)

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

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

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

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

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

Our Just-Picked Green Beans (for real tender this time!) w/Butter & Salt (v opt, gf)

Steamed New Fingerlings w/Butter, Salt & Herbs (v opt, gf)

Savory Black Beans (v, gf)

Coconut Basmati Rice (v, gf)

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

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

Spicy Sesame Slaw (v, gf)

Fresh Corn, Avocado & Lime Salad (v, gf)

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

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

Chicken Tortilla Soup (df, gf)

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

Exquisite Cheese Selection

Cocoa Pecan Cookies

Peaches & Cream (gf)

Fresh Fruit (v, gf)

Peach Blueberry Cobbler

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

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

Currant Scones

Quiche w/Arugula, Bacon & Mushroom (gf opt)

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

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

PRODUCE:

Paloma's Cucumbers for South Africa trip; \$1/cuke.

Mixed Summer Squash; \$3 per bag

Beets w/Greens; \$3/bag

Mixed Greens for Cooking; \$3/large bag

A LA CARTE EXTRAS

Fresh Organic Raspberry Jam!; \$5/half pint

Fresh Organic Blueberry Jam!; \$5/half pint

Summer Herb Tea Tonic; \$5/half gallon

Ginger Honey Lemon Tea; \$5/quart

Fresh-Squeezed Organic Lemonade;\$5/qt.

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

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

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

Exquisite Fresh Basil Pesto; \$5/4 oz.jar

Alice's Kitchen Weekly CSF Menu Choices – August 9, 2016

Entrees : 2 units

Pan-fried Polenta w/Beef, Sausage, Cannellini & Mush. Ragout (df opt w/no polenta, veget. opt., gf)
Baked Penne w/Fire Roasted Red Pepper, Fontina & Caramelized Onion (veget., gf opt)
Wild Alaskan Salmon w/Mango, Citrus & Herbs (df, gf)

Sides: 1 unit

Swiss Chard Al Forno (baked w/cream sauce) (veget.)
Mixed Summer Greens w/Garlic & Olive Oil (v, gf)
Blistered Padron Peppers (Spanish tapas...some are spicy!!) (v, gf)
Szechuan Broccoli (v, gf)
Tender New Green Beans w/Butter & Salt, IF THEY RIPEN!; if not, then Sesame Green Beans (v opt, gf)
Zucchini Fritters (veget.)
Cannellini Beans w/Lemon & Sage (v, gf)
Coconut Basmati Rice (v, gf)

Salads: 1 unit

Our Lettuce Mix Salad w/Crunchy Veggies, and Apples (v, gf)
Ribboned Zuke, Cherry Tomato & Herb Salad (v opt, gf)
Beet, Ginger & Mango Salad w/Mint (v opt, gf)
Spicy Patatas Bravas (Spanish Potato Salad) (v, gf)

Soups: 1 unit

Gazpacho (v, gf)

Desserts: 1 unit

Exquisite Cheese Selection
Dark Chocolate Pistachio Cookies
Peaches & Cream (gf)
Fresh Fruit (v, gf)
Fresh Peach Pudding cake

Breakfast Items: 1 unit

Honey Hill Almond, Date & Apricot Granola (df, gf)
Peach Muffins
Quiche w/Fresh Mozz., Tomato & Basil (gf opt)
Scrambled Tofu w/ Lamb's Quarters, Tomato, Onion & Basil (v, gf)
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

PRODUCE:

Paloma's Cucumbers for South Africa trip; \$1/cuke.
Mixed Summer Squash; \$3 per bag
Mixed Greens for Cooking; \$3/large bag
Beets w/Greens; \$3/bag

A LA CARTE EXTRAS

Fresh Organic Raspberry Jam!; \$5/half pint
Summer 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
Freshly-ground Organic Peanut Butter; \$8/pint
Organic Pear Chutney; \$6/8 oz. jar
Exquisite Fresh Basil Pesto; \$5/4 oz.jar

Alice's Kitchen Weekly A La Carte Menu Choices – August 2, 2016

Entrees : \$16/2-4 portions

Quinoa, Corn, Chicken, Pinto & Salsa Verde Casserole (df opt, gf)

Quinoa, Corn, Pinto & Salsa Verde Casserole (veget.w/df opt, gf)

Seafood Cakes (df opt, gf opt)

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

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

Grilled Radicchio w/Gruyere (veget, gf)

Squash Tomato Zuke Bake (v, gf)

Roasted Portabellas w/Fresh Mozz. & Garden Tomato Sauce (veget., gf)

Eggplant Tomato "Cheesecake" (veget.,)

Scalloped Potato & Kale (veget., gf)

Quinoa w/Sun-dried Tomato & Herbs (v, gf)

Coconut Basmati Rice (v, gf)

Savory Pinto Beans (v, gf)

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

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

Arugula Mango Lime Salad (v, gf)

Beet Salad w/Manchego, Egg & Arugula (gf)

Coconut Cabbage Carrot Slaw (v opt, gf)

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

Corn, Tomatillo Soup (v, gf)

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

Fresh Fruit Tartlets

Vegan Bars (v, gf)

Peaches & Cream (gf)

Fresh Fruit (v, gf)

Chocolate Cupcakes

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

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

Blueberry Coffeecake

Quiche w/Chicken & Red Peppers (gf opt)

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

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

PRODUCE:

Paloma's Cucumbers for South Africa trip; \$1/cuke.

Mixed Greens for Cooking; \$3/large bag

Mixed Summer Squash; \$3 per bag

Beets w/Greens; \$3/bag

A LA CARTE EXTRAS

Fresh Organic Raspberry Jam!; \$5/half pint

Summer 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

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

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

Exquisite Fresh Basil Pesto; \$5/4 oz.jar

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

Entrees : \$16/2-4 portions

Grilled Chicken Satay w/Peanut Sauce (df, gf)

Fresh Corn & Tofu in Coconut Milk w/Heirloom Rice & Thai Basil (v, gf)

Grilled Shrimp on Coconut Basmati Rice (df, gf)

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

Braised Collards w/Bacon (v opt, gf)

Grilled Corn w/Olive Oil, Lime & Chile (v, gf)

Baked & Roasted Potato Halves w/Basil Pesto (veget., gf)

Broccoli w/Garlic, Olive Oil & Chile Flakes (v, gf)

Japanese Eggplant w/Chickpeas & Herb Yogurt (veget., gf)

Indian Spiced Okra w/Tomato & Onion (v, gf)

Beet & Goat Cheese Medallions (veget., gf)

Coconut Basmati Rice (v, gf)

Spicy Chickpeas (v, gf)

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

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

Raw Kale Salad w/Edamame (v opt, gf)

Endive, Goat Cheese & Pear Salad w/Aged Balsamic (v opt, gf)

Hand-rolled Tunisian Couscous Salad (v opt, gf)

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

Thai Red Lentil Soup w/Chard & Chile Oil (v, gf)

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

Blueberry Crisp w/Oats, Pecans & Brown Sugar (v opt, gf opt)

Gluten-free Double Chocolate Cookies (df, gf)

Peaches & Cream (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/Chard & Onions (gf opt)

Scrambled Tofu w/Chard, Onion & Herbs (v, gf)

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

PRODUCE:

Paloma's Cucumbers for South Africa trip; \$1/cuke.

Mixed Greens for Cooking; \$3/large bag

Mixed Summer Squash; \$3 per bag

Beets w/Greens; \$3/bag

A LA CARTE EXTRAS

Fresh Organic Raspberry Jam!; \$5/half pint

Summer 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

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

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

Balsamic Maple Vinaigrette; \$4/half pint

Exquisite Fresh Basil Pesto; \$5/4 oz.jar

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

Entrees : \$16/2-4 portions

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

Szechuan Tofu w/Oven-roasted Onions on Coconut Basmati Rice (v, gf)

Citrus & Spice Rubbed Wild Alaskan Salmon w/Heirloom Tomato & Thai Basil Salsa (df, gf)

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

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

Sauteed Summer Squash w/Tomato, Onion & Basil (v, gf)

Honey Roasted Freshly-Dug Rainbow Carrots (v, gf)

Simply Steamed Cabbage & Roots w/Tamari, Ginger & Garlic (v, gf)

Caramelized Fennel w/Coriander, Orange & Saffron Butter (v opt, gf)

Cumin Roasted Eggplant Wedges w/Pepitas & Yogurt Dressing (v opt, gf)

Coconut Basmati Rice (v, gf)

Quinoa (v, gf)

Savory Chickpeas (v, gf)

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

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

Moroccan Carrot Salad w/Lemon, Harissa & Feta (v opt, gf)

Middle-Eastern Cuke Chili Peanut Salad (v, gf)

Quinoa "Tabouli" (v opt, gf)

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

Chicken Vegetable Soup (df opt, gf)

Carrot Ginger Soup (v opt, gf)

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

Emmy's Divine Chocolate Coconut Macaroons (df, gf)

Fresh Berry Tartlets

Peaches & Cream (gf)

Fresh Fruit (v, gf)

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

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

Baked French Toast

Fresh Mozz, Tomato & Basil Quiche (gf opt)

Southwestern Scrambled Tofu w/Kale, Peppers & Onions (v, gf)

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

PRODUCE:

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

Bok Choi; \$2.50/head

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

A LA CARTE EXTRAS

Summer 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

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

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

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

Balsamic Maple Vinaigrette; \$4/half pint

Exquisite Fresh Basil Pesto; \$5/4 oz.jar

Alice's Kitchen Weekly A La Carte Menu Choices – July 12, 2016

Entrees : \$16/2-4 portions

Alice's Super Burritos (2/order; choose chicken/meat/veget./vegan/no tortilla casserole)

Shrimp & Orzo w/Fresh Peas & Feta (df opt., gf opt. w/rice)

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

Mixed Summer Sauteed Greens w/Shiitake (v, gf)

Roasted Summer Squash (v, gf)

Stewed Cabbage w/Tomato, Onion & Basil (v, gf)

Local Eggplant Parm. Cutlets (df opt, gf opt)

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

Roasted Lemony Cauliflower (v, gf)

Coconut Basmati Rice (v, gf)

Mexican-flavored Rice (v, gf)

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

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

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

Radicchio & Cauliflower Salad (v opt, gf)

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

Pasta Pesto Salad (veget.)

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

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

Vegetarian Chili (v, gf)

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

Fresh Berry Cobbler

Exquisite Cheese Selection

Vegan & Gluten-free Peanut Butter, Oat & Chocolate Cookies (v, gf)

Peaches & Cream (gf)

Fresh Fruit (v, gf)

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

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

Fresh Raspberry Scones

Broccoli Cheddar Quiche (gf opt)

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

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

PRODUCE:

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

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

Bok Choi; \$2.50/head

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

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

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

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

Alice's Kitchen Weekly A La Carte Menu Choices – July 5, 2016

Entrees : \$16/2-4 portions

Turkey Burgers w/Fresh Blueberry Chile Sauce (df, gf opt)
Stuffed Summer Squash w/Rice, Veggies, Cheese & Nuts (v opt, gf)
Icelandic Cod w/Heirloom Tomato Lemon Herb Sauce (df, gf)

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

Our Kale w/Bacon & Onion (v opt, gf)
Our Chard w/Onion, Parm. Regg. & Quince Vinegar (v opt, gf)
Honey Glazed Beets w/Toasted Walnuts (v opt, gf)
Heirloom Maine Marfax Baked beans (v, gf)
Braised Fennel w/Parm. Regg. (v opt, gf)
Caramelized Endive w/Gruyere
Coconut Basmati Rice (v, gf)
Whole Wheat Honey Rolls
Spicy Chickpeas (v, gf)

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

Our Lettuce Mix Salad w/Local Sugar Snaps, Crunchy Veggies, and Apples (v, gf)
Local Cuke & Heirloom Tomato Salad w/Aged Balsamic (eat soon!)(v, gf)
Fresh Corn Salad w/Avocado, Lime & Cilantro (v, gf)
Fennel, Roasted Beet & Sugar Snap Salad (v, gf)

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

Fresh Local Corn Chowder (gf)

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

Local Blueberry Crisp (v opt, gf opt)
Chocolate Pudding
Chocolate Chip Oatmeal Cookies
Peaches & Cream (gf)
Fresh Fruit (v, gf)

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Fresh Blueberry Muffins
Local Spinach Quiche (gf opt)
Scrambled Tofu w/Spinach & Tomatoes (v, gf)
Muesli (ready-to-eat oats soaked with milk, yogurt, fruit, nuts) (gf)

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