

Alice's Kitchen Weekly A La Carte Menu Choices – March 21, 2017

Entrees : \$16/2-4 portions

Chicken Enchiladas w/Rich & Delicious Sauce (gf)

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

Tilapia with Fresh Herbs & Lemon (df, gf)

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

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

Simple Steamed Veggies w/Garlic & Ginger (v, gf)

Guacamole (v, gf)

Maple-Roasted Brussels Sprouts (v, gf)

Indian-spiced Potato & Cabbage w/Anise (df opt, gf)

Fresh Applesauce (v, gf)

Emmy's Rice w/Mexican Flavors (v, gf)

Coconut Basmati Rice (v, gf)

Savory Black Beans (v, gf)

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

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

Local Spinach Salad w/Veggies, Apples, Egg Cashews & Chickpeas (v opt, gf)

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

Spicy Moroccan Carrot Salad (v opt, gf)

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

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

Black Bean Quinoa Chili (v opt, gf)

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

Apple Cake w/Whipped Cream

Coconut Macaroons (df, gf)

Chocolate Avocado Pudding (v, gf)

Olive Oil Pomegranate Baklava

Fresh Fruit (v, gf)

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

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

Carrot Apple Muffins

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

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

Parmesan Bread Pudding w/Sausage & Rapini

Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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

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

Mystery Quesadilla; \$5

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

Organic Dried Pears/ \$5/bag

New batch of peanuts! Delicious Freshly-ground Organic Peanut Butter; \$8/pint

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

Organic Hot Cocoa Mix; \$6/pint

Veggie, Grain & Bean Burgers; \$3 each

Good Old-Fashioned Marinara Sauce (v, gf); \$6/pint

Alice's Kitchen Weekly A La Carte Menu Choices – March 14, 2017

Entrees: \$16/2-4 portions

Eggplant & Lamb Moussaka (veget. opt, df opt, gf opt)
Roasted Sweet Potato Lasagne w/Fontina & Caramelized Onion (veget.)
Seafood Cakes on Coconut Basmati Rice (df, gf opt)

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

Baby Bok Choi & Shiitake Mushroom Saute' (v opt, gf)
Stewed Cabbage w/Tomato & Onion (v opt, gf)
Irish Colcannon (v opt, gf)
Roasted Butternut Slices w/Fontina (v opt, gf)
Fresh Applesauce (v, gf)
Irish Soda Bread
Coconut Basmati Rice (v, gf)
Savory Chickpeas (v, gf)

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

Local Salad Greens w/Crunchy Veggies & Apple (v, gf)
Local Spinach Salad w/Veggies, Apples, Egg Cashews & Chickpeas (v opt, gf)
Radicchio Romaine w/Pistachios & Citrus Yogurt Dressing (v opt, gf)
Cabbage Carrot Slaw w/Honey & Sunflower Seeds (v, gf)

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

Vietnamese Pork Soup w/Bok Choi (df, gf)
Creamy Cauliflower Soup (veget., gf)

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

Nutty Tarts w/Chocolate Rye Crust
Shortbread
Poached Pears w/Whipped Cream & Wine Glaze (df opt, gf)
Fresh Fruit (v, gf)

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Pear Muffins w/Crystallized Ginger
Quiche w/Sweet Potato & Fontina (gf opt)
Scrambled Tofu w/Spinach & Sweet Potato (v, gf)
Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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
Balsamic Maple Vinaigrette; \$5/8 oz. jar
Mystery Quesadilla; \$5
Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls
Organic Dried Pears/ \$5/bag
Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.
Organic Hot Cocoa Mix; \$6/pint
Veggie, Grain & Bean Burgers; \$3 each

Alice's Kitchen Weekly A La Carte Menu Choices – March 7, 2017

Entrees: \$16/2-4 portions

Turkey Burgers w/Whole Wheat Buns (df, gf opt. no buns)
Mixed Veggie Curry w/Coconut Basmati (v opt, gf)
Cuban Shrimp w/Basmati Rice (df, gf)

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

Braised Chard w/Olive Oil & Garlic (v, gf)
Beets w/Citrus Zest, Honey & Toasted Walnuts (v, gf)
Roots Mash w/Wine-braised Shallots (v opt, gf)
Cuke Raita & Pear Chutney, 1 cup each (gf)
Fresh Applesauce (v, gf)
Whole Wheat Rolls
Coconut Basmati Rice (v, gf)
French Lentils (v, gf)

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

Local Salad Greens w/Crunchy Veggies & Apple (v, gf)
Cuke, Peanut, Chili Salad (v, gf)
Radicchio Romaine w/Pistachios & Citrus Yogurt Dressing (v opt, gf)
Sesame Peanut Noodles w/Cuke & Cilantro (v, gf)

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

Beef Stew (df, gf)
Southwestern Corn Chowder (v opt, gf)

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

Apple Strawberry Crisp (df opt, v opt, gf opt)
Italian Pine Nut Cookies (df, gf)
Fudgy Chocolate Cookies
Chocolate Mousse (gf)
Fresh Fruit (v, gf)

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Strawberry Streusel Muffins
Quiche w/Spinach & Sausage (veget. opt, gf opt)
Scrambled Tofu w/Chard & Mushrooms (v, gf)
Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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
Balsamic Maple Vinaigrette; \$5/8 oz. jar
Mystery Quesadilla; \$5
Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls
Organic Dried Pears/ \$5/bag
Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.
Organic Hot Cocoa Mix; \$6/pint

Alice's Kitchen Weekly A La Carte Menu Choices – Feb. 28, 2017

Entrees: \$16/2-4 portions

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

Grilled Chicken Satay Sticks on Basmati Rice (df, gf)

Grilled Wild Florida Shrimp on Basmati Rice (df, gf)

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

Collards w/Potato & Bacon (v opt., df, gf)

Potato Kale Bake (veget., gf)

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

Szechuan Broccoli (v, gf)

Sweet & Sour & Spicy Cabbage (v, gf)

Fresh Applesauce (v, gf)

Mexican-style Rice (v, gf)

Coconut Basmati Rice (v, gf)

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

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

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

Blood Orange, Beet & Fennel Salad (v opt, gf)

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

Spicy Cabbage & Carrot Slaw (v, gf)

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

Chickpea, Sweet Potato, Spinach Soup (v, gf)

Potato Cheddar Bacon Soup (gf)

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

Rich & Goey Chocolate Cookies

Carrot Cake w/Cream Cheese Frosting

Vegan Cookies (v, gf)

Crazy Yummy Avocado Chocolate Pudding (v, gf)

Fresh Fruit (v, gf)

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

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

Baked French Toast

Quiche w/Mexican Chicken & Roasted Peppers (gf opt)

Scrambled Tofu w/Roasted Sweet Potato, Peppers & Onions (v, gf)

Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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

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

Mystery Quesadilla; \$5

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

Organic Dried Pears/ \$5/bag

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

Organic Hot Cocoa Mix; \$6/pint

Alice's Kitchen Weekly A La Carte Menu Choices – Feb. 21, 2017

Entrees: \$16/2-4 portions

BBQ-Slathered Oven-Roasted Pork Ribs (v opt with tofu/tempeh, df, gf)
Quinoa, Corn & Pinto Casserole w/Salsa Verde & Jack (v opt, gf)
Icelandic Cod w/Fennel & Garden Heirloom Tomato (df opt, gf)

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

Braised Kale w/Garlic & Onion (v, gf)
Baked Potato Halves, Roasted, Topped with Basil Pesto (gf)
Curried Butternut Cubes (v opt, gf)
Roasted Turnips with Lemon, Olive Oil & Herbs (v, gf)
Braised Fennel w/Parmigiano Reggiano (v opt, gf)
Fresh Applesauce (v, gf)
Quinoa (v, gf)
Coconut Basmati Rice (v, gf)
Savory Pinto Beans (v, gf)

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

Local Salad Greens w/Crunchy Veggies & Apple (v, gf)
Raw Kale Salad w/Dried Cranberries, Edamame & Lemon (v opt, gf)
Watercress Salad w/Clementines, Sunflower Seeds & Aged Balsamic (v, gf)
Good Old-Fashioned Potato Salad (df, gf)

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

Corn, Bean, & Roasted Squash Soup (v, gf)
Fish Stew w/Tomato, Cauliflower & Fennel (df, gf)

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

Chocolate Cream Cheese Chocolate Chip Cakes
Exquisite Cheese Selection, a stunning collection of soft & firm cheeses
Apple Crisp (df opt, gf opt)
Vegan Choc. Chip Peanut Butter Bars (v, 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/Broccoli & Onion (gf opt)
Scrambled Tofu w/Kale & Butternut (v, gf)
Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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
Balsamic Maple Vinaigrette; \$5/8 oz. jar
Mystery Quesadilla; \$5
Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls
Organic Dried Pears/ \$5/bag
Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.
Organic Hot Cocoa Mix; \$6/pint
Tyropitas (Phyllo Pastries) with Broccoli, Mushroom, Spinach & 3 Cheeses; \$3 each

Alice's Kitchen Weekly A La Carte Menu Choices – Feb. 14, 2017

Entrees : \$16/2-4 portions

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

Wild Rice & Roasted Squash Casserole w/Car. Onion, Portabellas & Pecans (v opt, gf)

Roasted Salmon w/Fennel & Blood Oranges (df, gf)

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

Sauteed Rainbow Chard w/Garlic & Ginger (v, gf)

Heart Beets (Beet Hearts w/Goat Cheese Filling) (v opt.,gf)

Cheesy Potato Rutabaga Broil (veget. gf)

Seared Radicchio w/Gruyere (v opt, gf)

Cauliflower "Cake" (veget., gf)

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

Fresh Applesauce (v, gf)

Savory Wild Rice (v, gf)

Coconut Basmati Rice (v, gf)

Spicy Chickpeas (v, gf)

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

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

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

Endive Love Boats w/Pear, Pecan & Goat Cheese (veget., gf)

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

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

Pork, Squash & Hominy Stew w/Chiles (df, gf)

Corn & Tomatillo Soup w/Cilantro (v, gf)

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

Chocolate Decadence Truffle Cake (gf)

Crazy Yummy Avocado Chocolate Pudding (v, gf)

Exquisite Cheese Selection, a stunning collection of soft & firm cheeses

Mixed Berry Cobbler w/Whipped Cream

Linzer Hearts w/Berry Jam

Chocolate Eclairs

Fresh Fruit (v, gf)

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

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

Pecan Date Scones

Quiche w/Bacon & Portabellas (gf opt)

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

Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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

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

Mystery Quesadilla; \$5

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

Organic Dried Pears/ \$5/bag

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

Organic Hot Cocoa Mix; \$6/pint

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

Organic Chai Mulling Spice Bag & Assam Tea (add milk & syrup); \$3 (makes half gallon)

Alice's Kitchen Weekly A La Carte Menu Choices – Feb. 7, 2017

Entrees : \$16/2-4 portions

Meatloaf w/Marinara & Mozzarella (df opt, gf opt)
Winter Squash Enchiladas w/Kickin' Sauce (v opt, gf)
Yellow Corvina Filets w/Tomato, Olive & Caper Sauce (df, gf)

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

Local Spinach Sautéed w/Butter - LIMITED QUANTITY (v opt, gf)
Swiss Chard Al Forno (veget., gf)
Buttery Potatoes Anna (v opt, gf)
Roasted Sweet Dumpling Squash Wedges (v opt, gf)
Maple Roasted Brussels Sprouts (v, gf)
Fresh Applesauce (v, gf)
Coconut Basmati Rice (v, gf)
Spicy Pinto Beans (v, gf)

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

Local Salad Greens w/Crunchy Veggies & Apple (v, gf)
Radicchio Romaine Salad w/Mandarins, Pistachios & Yogurt Citrus Dressing (v opt, gf)
Local Arugula Salad w/Mango & Lime (v, gf)
Spicy Moroccan Carrot Salad (v opt, gf)

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

Mulligatawny Chicken Soup (df, gf)
Hearty Vegetarian Stew (v, gf)

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

Sweet Potato Ginger Pound Cake
Pear Upside Down Cake
Cocoa Pecan Cookies
Fresh Fruit (v, gf)

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

Honey Hill Almond, Date & Apricot Granola (df, gf)
Cranberry Date Muffins
Quiche w/Chard & Mushrooms (gf opt)
Scrambled Tofu w/Chard, Leek & Mushroom (v, gf)
Winter Oatmeal, Chock Full 'o Goodies! Thin & Heat! (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
Balsamic Maple Vinaigrette; \$5/8 oz. jar
Mystery Quesadilla; \$5
Fruit Leather (fruit w/a dash of maple syrup); \$5/6 rolls
Organic Dried Pears/ \$5/bag
Organic Whole Wheat Oatmeal Pancake Mix; \$5/lb.
Organic Hot Cocoa Mix; \$6/pint
Organic Hot Mulled Cider Spice Bag (makes a gallon); \$3
Organic Chai Mulling Spice Bag & Assam Tea (add milk & syrup); \$3 (makes half gallon)

Alice's Kitchen Weekly A La Carte Menu Choices – Jan. 31, 2017

Entrees : \$16/2-4 portions

Tunisian Lamb Meatballs w/Spicy Sauce & Rice (df opt, gf opt)

Panang Tofu & Veg. Curry w/Rice (v, gf)

Shrimp Stir Fry w/Rice (df, gf)

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

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

Roasted Sweet Potatoes (v, gf)

Honey-braised Turnips (veget., gf)

Root Veg. Gratin (veget., gf)

Fresh Applesauce (v, gf)

Coconut Basmati Rice (v, gf)

Spicy Chickpeas (v, gf)

Savory White Beans (v, gf)

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

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

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

Citrusy Beet Salad (v opt, gf)

Tunisian Pearl Couscous Salad (v, gf)

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

Squash White Bean Soup w/Parsley Sage Pesto (v opt, gf)

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

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

Rich & Delicious Walnut Cake

White & Dark Chocolate Cookies

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)

Berry Muffins

Quiche w/Arugula, Leeks & Portabellas (gf opt)

Scrambled Tofu w/Arugula, Leeks & Ports (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

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

Mystery Quesadilla; \$5

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

Organic Dried Pears/ \$5/bag

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

Organic Hot Cocoa Mix; \$6/pint

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

Organic Chai Mulling Spice Bag & Assam Tea (add milk & syrup); \$3 (makes half gallon)

Alice's Kitchen Weekly A La Carte Menu Choices – Jan. 24, 2017

Entrees : \$16/2-4 portions

Roasted Lemon Honey Herb Chicken (df, gf)

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

Oven-Roasted Haddock w/Citrus & Fresh Herbs (df, gf)

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

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

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

Salty Edamame in the Pods (v, gf)

Curried Butternut Squash Cubes (v opt, gf)

Seared Endive w/Olive Oil & Gruyere (veget., gf)

Mashed Potatoes w/Miso Gravy (veget., gf)

Fresh Applesauce (v, gf)

Coconut Basmati Rice (v, gf)

Savory Chickpeas (v, gf)

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

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

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

Endive Salad w/Pear, Candied Pecans, Goat Cheese & Aged Balsamic (veget., gf)

Rice & Chickpea Salad (v, gf)

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

Celeriac Apple Soup (veget., gf)

Chicken Tortilla Soup (df, gf)

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

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

Apple Cranberry Pudding Cake

Vegan Bars 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)

Currant Scones

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

Scrambled Tofu w/Rapini & Cauliflower (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

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

Organic Dried Pears/ \$5/bag

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

Organic Hot Cocoa Mix; \$6/pint

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

Organic Chai Mulling Spice Bag & Assam Tea (add milk & syrup); \$3 (makes half gallon)

Alice's Kitchen Weekly A La Carte Menu Choices – Jan. 10, 2017

Entrees : \$16/2-4 portions

Curried Meatballs and Sauce on Basmati Rice (df opt, gf)

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

Roasted Wild Alaskan Salmon w/Coconut Milk, Citrus & Fresh Herbs (df, gf)

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

Braised Local Greens (v, gf)

Local Spinach, Egg & Cheese Melt (df opt, v opt, gf)

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

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

Roasted Potatoes w/Lemon & Sumac (v gf)

Sesame Green Beans (v, gf)

Fresh Applesauce (v, gf)

Roasted Charred Broccoli w/Peanuts (v, gf)

Coconut Basmati Rice (v, gf)

Savory French Lentils (v, gf)

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

Local Salad Greens w/Crunchy Veggies, Apple & Avocado (v, gf)

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

Coconut Cabbage Carrot Slaw (v, gf)

Orzo Avocado Lime & Cilantro Salad (v)

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

Indian-style Pork, Veg. & Tamarind Stew (df, gf)

Cauliflower Cashew Soup w/Crispy Buckwheat (v opt, gf)

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

Triple Ginger Cookies

Apple Crisp w/Wh. Cream (v opt, gf opt)

Coconut Cake w/Choc. Chunks & Coconut Milk Drizzle

Fresh Fruit (v, gf)

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

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

Carrot Apple Muffins

Quiche w/Broccoli, Ports & Cheddar (gf opt)

Scrambled Tofu w/Broccoli & Lentils (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

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.

Organic Hot Cocoa Mix; \$6/pint

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

Organic Chai Mulling Spice Bag & Assam Tea (add milk & syrup); \$3 (makes half gallon)