

## **MENU OPTIONS** (subject to availability and seasonality)

**Many of these items can be made gluten free, dairy free, wheat free, paleo or vegan.  
Almost all food sensitivities can be accommodated.**

### **Grains**

Mushroom rice	Turkey burgers with feta, cilantro & red onion
Basmati rice	Korean chicken
Jasmine rice	Pasta sauce w/turkey sausage
Red rice	Indian turkey kebab
Wild rice	Chicken pesto with zucchini noodles
Coconut rice	Chicken curry with spinach and potatoes
Saffron rice with apricots and almonds	Chicken souvlaki
Cranberry and spring onion quinoa salad	Ground turkey zucchini pizza boats
Green beans with pumpkin seeds and quinoa	Turkey meatballs with basil pesto
Quinoa w/ spinach beans feta & chick peas	Fiesta turkey meatloaf
Quinoa and mushroom pilaf with goat chz	Curried turkey meatballs
Teriyaki Quinoa	Chicken kebabs
Quinoa tabouleh	Miso chicken
Paella with chicken and chorizo or shrimp	Fajitas

### **Poultry**

Roast chicken breasts w/ oregano and garlic  
Baked chicken fingers in panko  
Chicken in spicy basil coconut sauce  
Cashew orange chicken  
Butter chicken  
5-spice chicken  
Saucy lemon chicken  
Braised Chicken with artichokes  
Chicken marabella  
Flat roasted chicken (savory, spicy or asian)  
Mediterranean chicken with cumin & mint  
Rosemary roasted chicken breasts  
Herb roasted chicken wings  
vietnamese chicken lettuce wraps  
Swiss chard wraps with sliced chicken  
Chili (turkey, chicken)  
Chili with chick peas and chocolate

### **Fish**

Baked haddock with herbs  
Whitefish in lemon caper sauce  
Whitefish with avocado and lime  
Baked cod with chilis and lime  
Sesame soy baked trout  
Miso glazed trout  
Roasted trout with salsa fresca  
Walnut and onion fish cakes with curry mayo  
Roasted salmon with pesto  
Pan seared salmon with umami relish  
Spicy grilled salmon with avocado salsa  
Grilled salmon paprika  
Sriracha salmon  
Salt and pepper salmon  
Lime agave salmon  
Spicy tomato salmon  
Thai curry shrimp stirfry  
Shrimp skewers with butter garlic and lemon

## **Pork**

Maple sage roast pork tenderloin  
Balsamic-garlic roasted pork tenderloin  
Herbed pork roast  
Sage and garlic pork chops

## **Beef and Lamb**

Lasagna roll ups  
Enchilada pasta bake  
Irish beef stew  
Spicy tomato beef stew with spinach (indian)  
Bbq ribs  
Chili  
Pasta bolognese  
Beef kebabs  
Lamb burgers with mint and feta  
Grilled lamb chops with rosemary  
Maple meatloaf  
Mexican meal loaf  
Tacos (hard shell)  
Beef meatballs with korean chilis  
Mozzarella stuffed meatballs in tomato sauce  
Sloppy joes  
Stuffed peppers (mexican or italian)

## **Vegetarian**

Zucchini noodle pad thai  
Curry tofu with peas  
Zucchini and spinach pasta sauce  
3 bean chili  
Peppers with portobellos and goat cheese  
Black bean soft tacos  
Pasta bolognese  
Spicy apricots with tofu and pecans  
Sweet and sour tofu with cabbage  
Braised fennel and bok choy w/ goat cheese

## **Beans and Legumes**

Whole green lentils with spinach and ginger  
Sour chick peas  
Moong dal (yellow)  
Maple baked beans

White bean with rosemary and parmesan  
Black bean and mango salad  
chick pea and feta salad  
chick pea masala  
Lentil salad with roasted peppers

## **Vegetables (cooked)**

Baked butternut squash  
Roasted peppers  
Spaghetti squash  
Sauteed kale  
Sauteed swiss chard  
Green beans with shallots & roasted hazelnuts  
Grilled zucchini  
Roasted coriander cauliflower  
Cauliflower rice with mushrooms and parsley  
Sauteed rapini  
Roasted sweet potato  
Baby bok choy with garlic  
Oven roasted broccoli  
Steamed broccoli  
Roasted potatoes in lemon thyme vinaigrette  
Rosemary roasted fingerling potatoes  
Greek style potatoes  
Twice cooked potatoes w/ butter and parsley  
Thyme Roasted carrots  
Snap peas with garlic  
Edamame in the shell with lemon and salt  
Grilled portobello mushrooms  
Balsamic beets  
Ginger soy and honey roasted beets  
Roasted beets with truffle salt  
Spicy stir fried asparagus  
Miso asparagus  
Balsamic roasted asparagus  
Steamed green beans  
Roasted cabbage with lemon vinaigrette  
Oven roasted brussel sprouts  
Spicy home fries

## Salads

Broccoli slaw  
Tomato, basil and Bocconcini  
Cucumber mint and haloumi  
Apple fennel  
Asparagus basil salad  
Cabbage, almond and sesame  
Warm potato salad  
Tomato red onion and feta  
Kale slaw with shredded brussel sprouts  
Green beans w/ goat cheese lime and chilis  
Cucumber sesame salad  
Warm winter coleslaw  
Greek salad  
Chopped salad with apples walnuts blue  
cheese and bitter lettuces  
Waldorf salad  
Fire roasted corn with feta and tomatoes  
Macadamian curried cabbage slaw

## Soups

Creamy pea  
Tomato roasted garlic  
Asparagus  
Broccoli  
Potato leek  
Lentil spinach  
Gazpacho (cold)  
Thai butternut squash  
Thai chicken with broccoli in coconut milk  
Shrimp with mushrooms in coconut milk  
Mulligatawny  
Beef barley  
Cremini mushroom and roasted hazelnut  
Roasted cauliflower  
French onion  
Sweet potato  
Minestone  
Chicken noodle

## Sides

Baked brown rice tortillas  
Zucchini noodles  
Rosemary scones  
Cheddar scones  
Hummus  
Pappadums  
Mango chutney  
Lime pickle  
Guacamole  
Tzatziki  
Naan