

MENU OPTIONS (subject to availability and seasonality)

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

Poultry

Chicken with walnuts
Chili roasted chicken w/ honey lemon & feta
Pepperoncini chicken (spicy)
Keto chicken gyro bowl
Roasted chicken parm
Ginger lime chicken
Huli huli chicken
Roast chicken thighs w/cauliflower and yogurt
Oven "fried" chicken
Coconut chicken curry w/ spinach & potato
Ground turkey zucchini pizza boats
Chicken in spicy basil coconut sauce
Roast breasts w/ oregano and garlic
Baked chicken fingers in panko
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
Turkey burgers with feta, cilantro & red onion
Korean chicken
Pasta sauce w/turkey sausage
Indian turkey kebab
Chicken pesto with zucchini noodles
Chicken souvlaki
Turkey meatballs with basil pesto
Fiesta turkey meatloaf
Chicken kebabs
Miso chicken
Fajitas

Pork

Maple sage roast pork tenderloin
Balsamic-garlic grilled pork tenderloin
Herbed pork roast
Sausage and slaw skillet
Sausages with gingery pineapple
Sage and garlic pork chops
Pork chops with tamarind and ginger

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
Grilled fish with salsa verde
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
Salmon with yogurt curry sauce
Sriracha salmon
Salt and pepper salmon
Maple & miso salmon with green beans
Harissa salmon with potatoes and citrus
Maple lime salmon
Salmon roasted in butter
Thai curry shrimp stirfry
Spicy roasted shrimp & broccoli rabe

Beef and Lamb

Keto beef taco salad (optional tortillas)
Gochuchang Beef burgers (spicy)
Bison burgers (when available)
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
Classic meatloaf
Mexican meal loaf
Tacos (hard shell)
Tacos (soft shell)
Beef meatballs with korean chilis
Mozzarella stuffed meatballs in tomato sauce
Sloppy joes
Stuffed peppers (mexican or italian)

Vegetarian

Baked feta with chick peas and greens
Baked feta with roast asparagus & tomatoes
Tofu parmigiana
Cheesy white bean tomato bake
Mediterranean stuffed tomatoes
Spicy braised tofu with greens
Creamy cauliflower leek gratin
3 bean chili
Peppers stuffed w/ portobello & goat cheese
Black bean soft tacos
Spicy apricots with tofu and pecans

Beans and legumes

Sour chick peas
Moong dal (yellow)
Maple baked beans
White beans with rosemary parm & arugula
Black bean and mango salad

chick pea and feta salad
Chick pea masala
Chick pea salad w fresh herbs & scallions
Lentil salad with roast peppers & goat cheese

Vegetables

Thai stir-fried spinach
Roasted peppers
Spaghetti squash
Sauteed kale
Sauteed swiss chard
Green beans with shallots & roasted hazelnuts
Steamed green beans
Grilled zucchini
Roasted coriander cauliflower
Cauliflower rice with mushrooms and parsley
Sauteed rapini
Roasted sweet potato
Stir fried bok choy
Oven roasted broccoli
Steamed broccoli
Roast 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
Asparagus parmigiani
Spicy stir fried asparagus
Miso asparagus
Balsamic roasted asparagus
Roasted cabbage with lemon vinaigrette
Grilled cabbage with chili butter
Oven roasted brussel sprouts
Spicy home fries
Roasted butternut squash

Salads

Deconstructed burrata salad with procuittto
torn bread and arugula
Italian village salad
Cabbage slaw with miso dressing
Cauliflower tabouleh
Cucumber mint and haloumi
Chicken taco salad
Lemon tahini slaw
Broccoli slaw
Tomato, basil and Bocc
Apple fennel
Asparagus basil salad
Cabbage, almond and sesame
Warm potato salad
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

Grains and noodles

Soba noodles with chicken, shrimp or tofu
Lasagna roll ups
Enchilada pasta bake
Paella with chicken and chorizo or shrimp
Saffron rice with apricots and almonds
Cranberry and spring onion quinoa salad
Green beans with pumpkin seeds and quinoa
Quinoa w/ spinach beans feta & chick peas
Quinoa and mushroom pilaf with goat chz
Mushroom rice
Basmati rice
Jasmine rice
Red rice
Wild rice
Coconut rice
Teriyaki Quinoa
Quinoa tabouleh

Soups

Chili lime with chicken
Tomato roasted garlic
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
Rosemary scones
Cheddar scones
Pappadums
Mango chutney
Lime pickle
Guacamole
Tzatziki
Naan