

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.**

Poultry

Gochujang chicken(spicy)
Chicken breast with goat cheese and basil
Chili roasted chicken with lemon and feta
Pepperoncini chicken (spicy)
Roasted chicken parmesan
Ginger lime chicken
Chicken coconut 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
Chili (turkey, chicken)
Turkey burgers with feta, cilantro & red onion
Korean chicken
Pasta sauce w/turkey sausage
Chicken pesto with zucchini noodles
Chicken souvlaki
Turkey meatballs with basil pesto
Chicken kebabs
Miso chicken
Fajitas

Pork

Balsamic-garlic grilled pork tenderloin
Sage and garlic pork chops
Tamarind style pork chops
Roasted sausages with broccolini and parm
Soy and mustard glazed pork chops

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
Spicy grilled salmon with avocado salsa
Sriracha salmon
Salt and pepper salmon
Maple lime salmon
Thai curry shrimp stir-fry

Beef and Lamb

Beef burgers
Bison burgers with korean chilis
Lamb burgers with feta and mint
Lasagna roll ups
Enchilada pasta bake
Spicy tomato beef stew with spinach (Indian)
Bbq ribs
Chili
Pasta Bolognese
Beef kebabs
Grilled lamb chops with rosemary
Classic meatloaf
Tacos (hard shell)
Tacos soft shell
Mozzarella stuffed meatballs in tomato sauce
Sloppy joes
Stuffed peppers (Mexican or Italian)

Vegetarian

Cheesy bean bake
Black bean tostadas
Mediterranean stuffed tomatoes
Baked feta with chickpeas and greens
Tofu parmigiana
Peppers stuffed w/ portobellos & goat chz
Veggie ground zucchini boats w/pesto
Creamy cauliflower leek gratin
Black bean soft tacos
Paella with tofu

Vegan

Cauliflower tacos with cashew crema
Chickpea stuffed tomatoes
Beyond meat bolognese
Portobello boats with lentil crumble
Loaded sweet potatoes
Sweet and sour cabbage with tofu & rice
Vegan sloppy joes with cauliflower crumble
Vegan egg salad with lettuce cups
Cauliflower potato and edamame aloo
Vegan butter tofu
Curry tofu with peas
Spicy apricots with tofu and pecans
Tofu gnocchi with pesto

Beans and legumes

Sour chickpeas
3 bean chili
Cheesy bean bake
Moong dal (yellow)
Maple baked beans
Black bean and mango salad
Chickpea and feta salad
Chickpea masala
Lentil salad w/ roasted pepper and goat chz

Vegetables

Thai stir-fried spinach
Roasted peppers
Spaghetti squash
Sautéed kale
Sautéed swiss chard
Green beans with shallots & roasted hazelnuts
Grilled zucchini
Roasted cauliflower with anchovy & capers
Roasted coriander cauliflower
Cauliflower rice with mushrooms and parsley
Sautéed rapini
Roasted sweet potato
Stir fried bok choy
Oven roasted broccoli
Steamed broccoli
Roasted potatoes in lemon thyme vinaigrette
Rosemary roasted fingerling potatoes
Greek style potatoes
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 parmigiana
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

Chopped salad w/ chickpeas feta & tomato
Deconstructed burrata salad with prosciutto
torn bread and arugula.
Cabbage slaw with miso dressing
Cauliflower tabouleh
Roasted chickpea and sweet potato
Cucumber mint and halloumi
Broccoli slaw
Tomato basil and bocconcini
Apple fennel
Cabbage, almond and sesame
Kale slaw with shredded brussel sprouts
Green beans w/ goat cheese lime and chilis
Cucumber sesame salad
Greek salad
Chopped salad with apples walnuts blue
cheese and bitter lettuces
Waldorf salad
Fire roasted corn with feta and tomatoes
Macadamia curried cabbage slaw
Chopped salad with chick peas feta
Caraway coleslaw

Grains and noodles

Spinach and ricotta stuffed shells
Paella with chicken and chorizo or shrimp
Cold noodle salad with sesame lime dressing
Soba noodles with chicken, shrimp, or tofu
Saffron rice with apricots and almonds
Cranberry and spring onion quinoa salad
Green beans with pumpkin seeds and quinoa
Quinoa w/ spinach beans feta & chickpeas
Quinoa and mushroom pilaf with goat chz
Cheddar polenta
Mushroom rice
Basmati rice
Jasmine rice
Red rice
Wild rice
Coconut rice
Teriyaki Quinoa
Quinoa tabouleh

Soups

Borscht
Tomato roasted garlic
Potato leek
Gazpacho (cold)
Thai butternut squash
Thai chicken with broccoli in coconut milk
Shrimp with mushrooms in coconut milk
Beef barley
Cremini mushroom and roasted hazelnut
Roasted cauliflower
French onion
Minestrone
Chicken noodle

Sides

Rosemary scones
Cheddar scones
Pappadums
Mango chutney
Lime pickle
Guacamole
Tzatziki
Naan