

FRESH VEGETABLE SALADS

Raw Kale Salad: kale, dates, almonds, shallots; Dressing: blended oil, lemon juice, agave nectar

Fresh Raw Broccoli Salad: broccoli, golden raisins, sunflower seeds, red onion, veganise, apple cider vinegar, white grape juice

Beet Salad: beets, shallots, parsley, blended oil, rice wine vinegar, dijon mustard, honey, lemon juice, garlic, salt, pepper

Brazilian Potato Salad: potatoes, corn, peas, carrots, kalamata olives, red onion, scallions, cilantro, mayonnaise, lemon juice, garlic powder, onion powder, parsley

Potato Salad: potatoes, red onion, celery, parsley, mayonnaise, sour cream, dijon mustard, apple cider vinegar, lemon juice, sugar, garlic powder, onion powder, pepper

Coleslaw: cabbage, carrots, parsley; Dressing: mayonnaise, sour cream, apple cider vinegar, dijon mustard, garlic powder, lemon juice, pepper, onion powder, salt

HEARTY PROTEIN SALADS

Grilled Chicken Salad: chicken breast, artichoke hearts, sundried tomatoes, celery, green peppers, red onion, parsley, blended oil, lime juice, apple cider vinegar, honey, dijon mustard, garlic

Chicken Salad: chicken breast, celery, red onion, parsley, mayonnaise, sour cream, apple cider vinegar, sugar, lemon juice, garlic powder, onion powder, pepper

Curry Chicken Salad: chicken, white onion, celery, golden raisins, parsley, mayonnaise, sour cream, major gray chutney, lemon juice, apple cider vinegar, orange juice, curry powder, garlic powder, onion powder

Tuna Salad: white tuna, mayonnaise, celery, red onion, yellow mustard, pepper

Egg Salad: eggs, mayonnaise, lemon juice, celery, red onion, parsley, pepper

Chickpea Salad: chickpeas, celery, blended oil, red wine vinegar, red bell pepper, shallots, parsley, garlic powder, dijon mustard, onion powder, salt, pepper

Curry Tempeh Salad: tempeh, veganise, tamari, orange juice, celery, red onion, golden raisins, parsley, blended oil, lemon juice, curry powder, agave nectar

Cranberry Pecan Lentil Salad: green lentils, carrots, cranberries, pecans, lemon juice, blended oil, cumin, salt, pepper

FLAVORFUL GRAIN SALADS

Pesto Tortellini: cheese tortellini, basil, italian parsley, garlic, grana padano, pecorino romano, evoo, sundried tomato, salt, pepper

Macaroni Salad: macaroni, mayonnaise, celery, sour cream, red onion, apple cider vinegar, parsley, dijon mustard, sugar, lemon juice, garlic powder, onion powder, pepper

Seasonal Quinoa Salad: See staff for details

Sesame Noodles: linguine, hoisin sauce, sesame oil, blended oil, soy sauce, molasses, crushed red chili, garlic, ginger, orange peppers, red peppers, yellow peppers, snow peas, sesame seeds

Thai Peanut Noodles: linguine, red pepper, peanut butter, tamari, snow peas, agave nectar, salted peanuts, teriyaki sauce, carrots, scallions, ginger, toasted sesame oil, rice wine vinegar, lemon juice, crushed red pepper

Couscous Salad: couscous, seedless raisins, carrots, lemon juice, soybean oil, olive oil, salt, garlic, parsley, cumin, pepper, coriander

Wild Rice Salad: wild rice blend, celery, walnuts, dried cherry, parsley, scallions
dressing: blended oil, lemon juice, maple syrup, curry powder, mild chili powder, salt

VEGETABLE SIDES

Potato Pancakes: potatoes, onion, blended oil, egg, gluten-free breadcrumbs (rice flour, corn starch, soy flour, palm fat, eggs, corn syrup, guar gum, yeast, salt),

Potato Leek Tart Slice: potato, leeks, safflower oil, salt, pepper, nutmeg

String Beans with Almonds: string beans, blended oil, almonds, salt, pepper

Roasted Vegetables: zucchini, summer squash, tomatoes, parsley, evoo, salt, pepper

Roasted Potatoes: potatoes, olive oil, paprika, salt, pepper

Grilled Vegetables: zucchini, summer squash, eggplant, bell peppers, carrots, onions, evoo, balsamic reduction, thyme

Buffalo Cauliflower: cauliflower, flour, garlic powder, paprika, salt, pepper, hot sauce, butter, lemon juice, mayonnaise, buttermilk, garlic, onion, dry mustard, chives, parsley, dill

PROTEINS

Grilled Salmon: salmon, blended oil

Sesame Glazed Salmon: salmon, teriyaki glaze, rice wine vinegar, sesame oil, sesame seeds

Salmon with Lemon & Dill: salmon, lemon, parsley, white wine, dill

Thai Salmon Cakes: salmon, celery, bread panko, red bell peppers, eggs, sweet chili sauce, lime juice, sweet chili garlic sauce, scallions, cilantro, basil, ginger root, salt

Herb Grilled Chicken: chicken breast, rosemary, onions, garlic, thyme, red bell pepper, carrots, tomatoes, pepper, basil, evoo, parsley, tarragon, lemon peel, orange peel, apple cider vinegar, celery seed, dill seed, oregano, savory, sage, ginger, coriander, bay leaf, turmeric

Flank Steak & Chimichurri: beef, red wine vinegar, worcestershire sauce, lemon juice, blended oil, onion powder, parsley, cilantro, garlic powder, shallots, jalapeños, garlic, oregano, salt, pepper

Baked Chicken: chicken, salt, flour, cornmeal, cornstarch, wheat gluten, egg white, sucrose, leavening, soy flour, dextrose, spices, honey, natural flavors, paprika

BBQ Chicken: chicken, bbq sauce (ketchup, apple cider vinegar, molasses, honey, liquid smoke, salt, garlic powder, onion powder, tobasco sauce)

Shrimp Skewer: shrimp, evoo, lemon, garlic, parsley, oregano, paprika, coriander, red pepper flakes, salt

Veggie Burger: carrots, green lentils, tofu, gluten-free breadcrumbs (rice flour, corn starch, soy flour, palm fat, eggs, corn syrup, guar gum, yeast, salt), celery, onions, roasted red peppers, lemon juice, mushrooms, dill

Roasted Tofu: tofu, tamari, nutritional yeast, blended oil, lemon juice

Whole Roasted Chicken: chicken, dried garlic, salt, dried onion, spices, dried orange peel, paprika, dried green bell pepper, red pepper

Duck à l'Orange: duck, oranges, orange marmalade, tamari, chicken stock, ginger, scallions

Chicken Parmesan: chicken, gluten-free breadcrumbs (rice flour, corn starch, soy flour, palm fat, eggs, corn syrup, guar gum, yeast, salt), eggs, marinara sauce (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme), parmesan, mozzarella, onion, garlic, salt, pepper

Panko Chicken: chicken, breadcrumbs, onion powder, garlic powder, eggs, salt, pepper, olive oil

Sweet & Sour Meatballs: beef, pork, water, egg whites, breadcrumbs, ricotta, salt, garlic powder, spices, parsley, romano, textured vegetable protein, brown sugar, caramel color, disodiuminosinate, disodium guanylate, BHA, BHT, citric acid, paprika, pineapple, brown sugar, rice vinegar, ketchup, tamari, cornstarch

ENTRÉES

Chicken Pot Pie: chicken, onions, peas, carrots, celery, flour, pie crust, lemon juice, ranch seasoning, thyme, salt, pepper

Classic Meatloaf: beef, breadcrumbs, onions, milk, eggs, ketchup, worcestershire sauce, parsley, salt, pepper, brown sugar, red wine vinegar

Meat Lasagna: ground beef, tomatoes, pasta, ricotta, cottage cheese, mozzarella, eggs, safflower oil, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme)

Vegetable Lasagna: pasta, eggplant, zucchini, tomatoes, onions, broccoli, garlic, ricotta, mozzarella, parmesan, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme, canola oil, olive oil)

Chicken Alfredo: chicken, heavy cream, parmesan, butter, white wine, garlic, fettuccini, parsley, salt, pepper

Eggplant Parmesan: eggplant, eggs, gluten-free breadcrumbs (rice flour, corn starch, soy flour, palm fat, eggs, corn syrup, guar gum, yeast, salt), parmesan, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme, canola oil, olive oil)

Shepherd's Pie: ground beef, potatoes, beef broth, butter, tomatoes, onions, peas, corn, celery, carrots, blended oil, red wine, parmesan, basil, thyme, garlic powder, salt, pepper

Spinach Stuffed Shells: pasta, ricotta, spinach, milk, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme), parmesan, olive oil, salt, pepper

Chicken Burrito: chicken, rice, black beans, tomato, onions, peppers, jalapeños, chili powder, flour tortilla, monterey jack, pepper jack, cheddar

Chicken Quesadilla: chicken, monterey jack, cheddar, tomatoes, peppers, onions, paprika, pepper, garlic powder, cumin, cayenne, flour tortilla, blended oil, sour cream, salsa (tomatoes, jalapeños, cilantro, red bell peppers, yellow bell peppers, hot sauce, lemon juice, garlic)

Vegetable Quesadilla: cheddar, monterey jack, bell peppers, mushrooms, zucchini, summer squash, salsa, sour cream, salt, paprika, pepper, garlic powder, cumin, cayenne, cilantro, lime, blended oil, flour tortilla

WINGS & RIBS

Buffalo Wings: chicken wings, buffalo hot sauce, butter

Garlic Parmesan Wings: chicken wings, garlic, parmesan

BBQ Wings: chicken wings, ketchup, onions, apple cider vinegar, brown sugar, molasses, bacon, red wine, garlic, cumin, chili powder, mustard powder, thyme, coriander, paprika

Spicy Jerk Wings: chicken wings, bbq sauce (tomato paste, sugar, molasses, vinegar, cayenne, pepper, salt, garlic, tamarind, natural smoke flavor, chili powder, garlic powder, onion powder), sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite and xanthan gum), sweet chili sauce (sugar, water, pickled red chili, distilled vinegar, garlic, salt, stabilizer : xanthan gum), sambal olek chili paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite, xanthan gum)

Teriyaki Wings: chicken wings, soy sauce, sugar, corn starch, onion, vinegar, garlic powder, malic acid, sodium benzoate, pickled red chili, salt, xanthan gum

Thai Chili Wings: chicken wings, sweet chili sauce (sugar, water, pickled red chili, distilled vinegar, garlic, salt, stabilizer: xanthan gum), sambal olek chili paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite, xanthan gum), sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite and xanthan gum)

St Louis BBQ Ribs: pork ribs, bbq sauce (tomato paste, sugar, molasses, vinegar, cayenne, pepper, salt, garlic, tamarind, natural smoke flavor, chili powder, garlic powder, onion powder) chicken broth, brown sugar, onions, apricots, paprika, onion powder, mustard powder, garlic, salt, pepper

HOUSE-MADE DIPS

Buffalo Chicken Dip: chicken, cream cheese, monterey jack, cheddar, blue cheese dressing, ranch dressing, hot sauce, mozzarella

Spinach & Artichoke Dip: artichoke, spinach, cream cheese, sour cream, parmesan, mayonnaise, garlic, cheddar, monterey jack

5-Layer Dip: refried beans, guacamole (avocados, lime juice, garlic, cilantro, red onion, jalapeños, hot sauce, cumin, citric acid), sour cream, salsa (tomatoes, jalapeños, cilantro, red bell peppers, yellow bell peppers, hot sauce, lemon juice, garlic), cheese

Guacamole: avocados, lime juice, garlic, cilantro, red onion, jalapeños, hot sauce, cumin, citric acid

French Onion Dip: evoo, onions, salt, sour cream, mayonnaise, garlic powder, white pepper

Blue Cheese Dip: mayonnaise, sour cream, garlic red wine vinegar, thyme, blue cheese, salt, pepper

Southwest Dip: mayonnaise, sour cream, parsley, onion powder, chives, cumin, chili powder, salt, cheese blend

MEZZE

Baba Ganouj: eggplant, tahini, lemon juice, salt, white pepper, garlic, salt

Hummus: chickpeas, tahini, lemon juice, salt, allspice, white pepper, garlic

Roasted Red Pepper Hummus: chickpeas, red bell pepper, tahini, garlic, white pepper, salt, lemon juice

Spanakopita: spinach, ricotta, mozzarella, salt, pepper, onions, phyllo dough (flour, salt, olive oil), butter, allspice

Tabouli: parsley, scallions, mint, lemon juice, salt, allspice, tomatoes, bulgur wheat, pepper

Falafel with Tzatziki: chickpeas, onion, garlic, salt, turmeric, paprika, potato starch, baking powder, cornstarch, sodium acid pyrophosphate, cultured milk, cucumbers, scallions, dill, salt, natamycin

Stuffed Grape Leaves: grape leaves, white rice, lemon juice, evoo, salt, pepper

DISHES TO FEED A CROWD

Chicken Alfredo: chicken, heavy cream, parmesan, butter, white wine, garlic, fettuccini, parsley, salt, pepper

Chicken Pot Pie: chicken, onions, peas, carrots, celery, flour, pie crust, lemon juice, ranch seasoning, thyme, salt, pepper

Classic Meatloaf: beef, breadcrumbs, onions, milk, eggs, ketchup, worcestershire sauce, parsley, salt, pepper, brown sugar, red wine vinegar

Eggplant Parmesan: eggplant, eggs, gluten-free breadcrumbs, parmesan, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme)

Meat Lasagna: ground beef, tomatoes, pasta, ricotta, cottage cheese, mozzarella, eggs, safflower oil, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme)

Vegetable Lasagna: pasta, eggplant, zucchini, tomatoes, onions, broccoli, garlic, ricotta, mozzarella, parmesan, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme)

Macaroni & Cheese: macaroni, milk, cheddar, butter, flour, salt, pepper

Spinach Stuffed Shells: pasta, ricotta, spinach, milk, marinara (tomato, onion, red wine, celery, salt, parmesan, butter, basil, carrots, pepper, blended oil, thyme), parmesan, evoo, salt, pepper

Shepherd's Pie: ground beef, potatoes, beef broth, butter, tomatoes, onions, peas, corn, celery, carrots, blended oil, red wine, parmesan, basil, thyme, garlic powder, salt, pepper

Tossed Salad: lettuce, carrots, cucumbers, tomatoes, dressing of choice

Caesar Salad: lettuce, parmesan cheese, croutons, caesar dressing

Seasonal Salad: See staff for details