



Exquisitely Prepared Foods for Health & Life

SALADS AND SIDES:

- Spinach, walnut, local vegetables and or fruit in a red wine vinaigrette. Accompanied by feta or blue cheese
- Arugula, local tomato and parmesan tossed in light lemon vinaigrette
- Simple green salad with balsamic vinaigrette
- Greens with goat cheese, pecans and watermelon in a roasted tomato and shallot vinaigrette
- Grilled or roasted potato salad in a mustard and red wine vinaigrette
- Marinated-grilled vegetables
- Asian slaw in a sesame and soy vinaigrette
- Butterbean and corn salad with tomatoes and peppers
- Quinoa, artichoke pea and tomato salad
- Quinoa and black bean salad
- Southwest black bean and corn salad
- Greek pasta salad
- Pasta and marinated vegetable salad
- Simple pasta and tomato salad with fresh basil and parmesan cheese
- Marinated local vegetable salad
- Saffron scented lentil, couscous and tomato salad
- Spinach, arugula or local green salad (depending on availability), roasted beets, pickled red onions, spiced pecans and feta cheese
- Herbed quinoa, vegetable, and almond salad
- Grilled potato salad with mustard and herb vinaigrette
- Kale or spinach, shiitake, eggplant and udon noodle salad with a sweet chile, soy and lime vinaigrette

VEGETARIAN MEALS:

- Saffron scented lentils and tomatoes accompanied by brown rice and sautéed spinach
- Garbanzo bean, almond and vegetable stuffed roasted acorn squash, with green beans and a red wine reduction
- Tofu, shitake mushroom and scallion wontons with a warm carrot, cabbage and ginger slaw, brown rice and a sweet chili, soy glaze
- Tofu and roasted corn pudding, pan seared zucchini and yellow squash, and a roasted garlic whole wheat couscous and a roasted pepper coulis
- Lentil and vegetable stir fry over black forbidden rice
- Vegetable, walnut and parmesan stuffed zucchini, with herbed quinoa and green beans
- Udon noodles, stir fried with tofu and vegetables in a curried coconut broth
- Vegetarian lasagna
- Tofu, broccoli, almond, eggplant and scallion sauté with a sweet chili and herb sauce over soba noodles
- Eggplant Parmesan
- Mediterranean vegetable and white bean cassoulet over couscous (white or whole wheat)

SOUPS AND STEWS:

- Lentil soup
- Butternut squash puree
- Butternut squash and coconut soup
- Potato leek soup (with or without bacon or turkey bacon)
- Italian sausage, kale and white bean soup (chicken or pork sausage)
- Tomato bisque
- Pasta fagioli soup
- Seafood stew
- Vegetarian chili
- Southwest vegetable and corn chowder
- Turkey chili
- Beef chili
- Black bean soup
- Chicken noodle soup
- Vegetable rice soup
- Hungarian goulash
- Turkey goulash
- Southwest vegetable chowder
- Shrimp, chicken and sausage jambalaya
- Chicken Creole
- Beef stew
- Creamy mushroom soup with herb roasted chicken and rice

BURRITOS AND PIZZA:

- Shrimp, roasted corn and vegetable burrito (white or whole wheat tortilla)
- Chicken and roasted vegetable burrito (white or whole wheat tortilla)
- Roasted vegetable and rice or sweet potato burrito (white or whole wheat tortilla)
- Chicken, spinach, caramelized onion, and roasted tomato pizza with basil, walnut pesto (white or whole wheat)
- Roasted vegetable and feta pizza with light tomato sauce (white or whole wheat)
- Hummus, roasted vegetable and feta wrap

CHILDREN'S MENU:

- Baked macaroni and cheese with butternut squash puree baked in and a side of green beans
- Baked cheese and cauliflower sticks with a side of marinara
- Barbecue grilled chicken, peas and corn, potato salad
- Baked chicken fingers, ranch, broccoli
- Spaghetti and turkey meatballs (with yellow squash puree baked into the meatballs)
- Baked fish sticks and oven fries with a vegetable
- rooms, artichoke hearts, peas, summer squash, spinach and chicken



Exquisitely Prepared Foods for Health & Life

POULTRY:

- Caramelized onion and fontina turkey meatloaf with sautéed green beans, mashed potatoes and gravy
- Roasted Cornish game hen, herbed gravy, roasted sweet potato puree and asparagus
- Roasted vegetable and chicken enchilada topped with cheese and enchilada sauce and accompanied with brown rice and pico de gallo
- Barbecue chicken, pineapple, pepper and onion skewers accompanied by herbed quinoa and peas
- Lime marinated chicken breast, with mango salsa, sugar snap peas and whole wheat couscous
- Stewed chicken over a white bean and tomato ragout with green beans and caramelized onions
- Almond crusted chicken breast, mashed acorn squash, green beans and a red wine, mustard reduction
- Sautéed chicken breast and vegetables, tossed in olive oil, garlic and herbs with whole wheat fettuccine
- Whole wheat farfalle, in a pomodoro sauce with cremini mushrooms, artichoke hearts, peas, summer squash, spinach and chicken
- Spinach and mushroom stuffed chicken breast with herb roasted potatoes and asparagus
- Orange duck, cherry rice and asparagus
- Marsala turkey cutlets, sautéed spinach and butternut squash puree
- Turkey breast cutlets in a port wine sauce with mashed potatoes and roasted asparagus
- Sun-dried tomato, feta and turkey meatballs accompanied by basil sage grits and asparagus
- Barbecued pulled turkey with butternut squash macaroni and cheese and broccoli
- Lemongrass, garlic and basil marinated chicken breast, mango mint yogurt sauce, scallion brown rice, grilled zucchini and summer squash
- Pesto crusted chicken cutlet, over whole wheat farfalle, tossed with tomatoes, garlic and broccoli
- Chicken breast cutlet, creamy pesto sauce, rosemary smashed potatoes, roasted tomato and asparagus medley
- Cumin scented chicken and vegetable sauté with whole wheat spaghetti
- Honey, sesame chicken with brown rice and broccoli
- Roasted beet, chard, zucchini, walnuts and chicken tossed with whole wheat rigatoni and a parmesan, herb cream sauce

FISH AND SHELLFISH:

- Flounder or cod Meuniere with asparagus and thyme roasted potatoes
- Chile, garlic shrimp with cilantro scented quinoa and sautéed zucchini and eggplant
- Seared tuna with a mango, yogurt sauce, sautéed snow peas and cheddar grits
- Seared tuna, tomato confit, sautéed greens and almond rice
- Rosemary marinated shrimp skewers, sweet potato puree, broccoli and balsamic glaze
- Shrimp, vegetable and roasted corn, herb and feta quesadilla with Spanish rice
- Chili, lime marinated skewered shrimp, purple coconut rice, seared onion and zucchini
- Herbed seafood cake with spiced roasted corn puree, mashed sweet potatoes and sugar snap peas
- Tandoori fish, saffron rice and sautéed spinach
- Thyme, lemon, honey flounder or salmon, with almond quinoa and sautéed greens
- Seared cod or snapper with a roasted tomato vinaigrette, broccoli and parsley roasted potatoes
- Roasted white fish over beet risotto and green beans
- Seared white fish over a white bean and turkey bacon ragout and sautéed kale
- Potato and thyme crusted cod, roasted yellow pepper coulis, julienned vegetable medley and whole wheat couscous
- Dried cranberry, heart of palm, walnut and panko crusted salmon with brown rice and asparagus
- Coconut, cashew shrimp with mango coulis, brown rice pilaf and seared zucchini and summer squash
- Seared salmon, topped with a citrus salsa, paired with sugar snap peas and roasted sweet potatoes
- Maple glazed salmon, scallion rice and spinach
- Pan seared red snapper, with a cilantro, lime zest, and almond crust, with a sweet potato puree and a sautéed pepper, onion and carrot medley
- Cod with a Mediterranean tomato topping, over whole wheat couscous and julienned vegetables
- Cashew crusted shrimp with a leek, artichoke, tomato and broccoli ragout, mashed potatoes and a roasted pepper, thyme emulsion
- Seared scallops, mashed potatoes, sautéed spinach and an orange, basil cream
- Marinated salmon fillet, topped with minted tomato salsa, accompanied by herbed quinoa and broccoli or broccolini
- Seared white fish or salmon, over a stewed lima bean and pickled jalapeno ragout with mashed potatoes



Exquisitely Prepared Foods for Health & Life

PORK, BEEF AND LAMB:

- Herbed breaded lamb chops, with mashed potatoes, broccoli and a red wine reduction
- Pistachio crusted lamb, gouda grit cake, green beans and a cherry glaze
- Spinach, roasted pepper and parmesan stuffed beef roulade, with a mustard, red wine reduction, roasted garlic, thyme mashed potatoes and asparagus
- Seared, herbed beef medallions, shallot, red wine cream sauce, mashed potatoes and broccolini
- Veal saltimbocca with mashed potatoes and broccolini
- Veal cutlets, topped with roasted peppers, portabella mushrooms and cheese with a Sun-dried tomato, balsamic glaze, accompanied by whole wheat spaghetti tossed in olive oil with peas and artichokes
- Pecan and panko crusted pork medallions, herbed cream sauce, green beans and gorgonzola mashed potatoes
- Cremini mushroom and walnut stuffed pork, sautéed greens, roasted sweet potatoes and herbed gravy
- Herb marinated grilled pork medallions, peach and Vidalia onion jam, brown rice, butter sautéed brussel sprouts
- Barbecue pork chops, cheddar grits, and sautéed greens
- Pecan, gorgonzola, caramelized leek stuffed pork loin, with apple compote, mashed sweet potatoes and sautéed green beans
- Maple, mustard glazed pork tenderloin, with caramelized onion mashed potatoes and sautéed asparagus
- Pesto rubbed boneless pork chops over a Sun-dried tomato, roasted mushroom and potato ragout

**ALL MENU ITEMS CAN BE CUSTOMIZED TO SUIT YOUR PERSONAL TASTE OR EVENT THEME*