

## Meat Options

### - Flank- Steak -

with brown sugar & Chimichurri

### -Smoked Salmon-

Avocado, and Arugula Salad with sweet & smoky Sesame dressing

### -Striped Bass- (MP)

(or other seasonal white fish)

with Lemon, Shiitake, and Baby Bok Choy

### -Shrimp Lettuce Wraps-

with Peanut Dipping Sauce

### -Grilled Scallops- (MP)

Prosciutto-wrapped & over Arugula, Pesto, and Parmesan Salad

### -Chipotle Turkey Burgers-

Tomato, Bacon Jam, Red onion, & Guacamole with Bibb lettuce bun

### -Roasted Pork Tenderloin-

with Apples, Sage, and Root Vegetables

## Salad Options

Add Chicken or Shrimp

### -Apple, White Cheddar & Spinach-

with Honey & Cider Vinaigrette

### -Fresh Mozzarella, Heirloom Tomato-

& Basil with Balsamic Vinaigrette

### -Quinoa California-

with Edamame, Green & Red Bell Pepper, Cilantro, Mango, Raisins, Coconut, Almonds, & Balsamic Vinegar

### -Mandarin Orange & Bowtie Pasta-

Spinach Salad with Teriyaki Dressing

### -Shrimp Ceviche-

Avocado, Red onion, Cilantro Lime juice, & Arugula

### -Brussel Sprouts & Cranberries-

with Quinoa, Roasted Pecans, & Orange Vinaigrette

### -Spicy Sweet Potato Salad-

Bacon, Red onion, Yellow Bell pepper, Jalapenos, Apricot preserves, Scallions, & Apple cider vinegar

### -Garlic Roasted Butternut Squash-

with Kale, Farro, Brussel Sprouts, Chickpeas, & Pomegranates with Dijon dressing.

## Soup Options

### -Moroccan Carrot-

&

Red Lentil Soup

### -Harvest Vegetable Soup-

Butternut Squash, Carrot,  
Celery, Garlic, Kale, Onion, &  
Tomato

### -Red Beans & Rice-

Soup style with Andouille &  
Brown Rice

### -Traditional Beef Stew-

with Carrots, Potatoes, &  
Spanish Onion

### -Quinoa Corn Chowder-

Traditional Corn Chowder made  
with Quinoa instead of Potatoes

## Sides (family style)

### -Grilled Asparagus-

with lemon & garlic

### -Grilled Pineapple-

with a Cinnamon honey drizzle

### -Loaded Cauliflower "Mash" -

Sharp cheddar, scallions, and & Bacon  
(can substitute for Yukon Gold  
Potatoes)

### -Sautéed Brussel Sprouts-

With Balsamic Vinaigrette, Shallots, &  
Bacon

### -Grilled Broccoli-

Parmesan & Fennel relish

### -Stuffed Sweet or Russet-

Baked Potato

### -Herbed & Buttered Corn-

### -Glazed Carrots-

with Honey & Lemon