

COLD DINNERS October 1-31, 2026

Surf & Turf – Grilled prawns: prawns, butter, lemon juice, garlic, crushed red pepper, parsley, fish sauce (*anchovy, sea salt, water, sugar*), white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), kosher salt. **Flank steak:** flank steak, red wine vinegar, lemon juice, worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, wheat flour* (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), *natural flavor, guar gum, benzoate of soda*), wheat free tamari (*water, soybeans, salt, sugar*), garlic, parsley, dry mustard, salt, pepper.

Baked Potato: russet potato, butter, sour cream, chives, salt, pepper.

Charred lemon broccolini: broccolini, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic powder, crushed red pepper, lemon juice, salt, pepper.

Allergens: *alcohol, dairy, garlic/onion, soy, wheat*

Roast Pork Loin with apricot sourdough stuffing: center cut pork loin brined in bay leaf, brown sugar. roasted in garlic, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper. **Stuffing:** capitola sourdough (*organic white flour, water, levain* (organic unbleached wheat flour, organic whole wheat flour, water), *Organic Rye Flour, organic wheat flour, sea salt*), dried apricots, shallot, butter, parsley, white wine, garlic, salt, pepper. **Apricot sauce:** apricot preserves (*apricots, cane sugar, pectin, citric acid, potassium sorbate*), cornstarch, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), salt, pepper. **Vermont cheddar mashed potatoes:** russet potatoes, butter, heavy cream, Vermont sharp cheddar cheese, salt, pepper. **green beans with toasted almonds:** green beans, butter, fresh thyme, toast almonds, yellow onion, salt, pepper.

Allergens: *garlic/onion, wheat, dairy, alcohol, nuts*

Chicken Piccata – boneless chicken breast, flour, salt, pepper, canola oil (for frying). **Sauce:** white wine, capers (*capers, water, distilled vinegar, salt*), lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, butter, parsley, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), salt, pepper, corn starch.

Pasta formaggio: gemelli pasta (*durum wheat semolina, niacin, iron* (ferrous sulfate), *thiamin mononitrate, riboflavin, folic acid*), peas, prosciutto, parmesan, fresh sage, garlic, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), mornay sauce (*heavy cream, white wine, parmesan, chicken stock, roux* (butter, flour), *yellow onion, butter, sage, garlic, salt, black pepper*). **fresh asparagus:** asparagus, butter, salt, pepper.

Allergens: *alcohol, wheat, onion/garlic, dairy*

HOT & COLD DINNERS October 19-25, 2026

Chicken Piccata – boneless chicken breast, flour, salt, pepper, canola oil (for frying).

Sauce: white wine, capers (*capers, water, distilled vinegar, salt*), lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, butter, parsley, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), salt, pepper, corn starch.

Pasta formaggio: gemelli pasta (*durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid*), peas, prosciutto, parmesan, fresh sage, garlic, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), mornay sauce (*heavy cream, white wine, parmesan, chicken stock, roux (butter, flour), yellow onion, butter, sage, garlic, salt, black pepper*). **fresh asparagus:** asparagus, butter, salt, pepper.

Allergens: *alcohol, wheat, onion/garlic, dairy*

Steak Diane – **steak:** teres major, dried mustard, dijon mustard (*water, mustard seeds, vinegar, salt, sulfite*), lemon juice, shallot, butter, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda*), olive oil (*refined olive pomace oil, extra virgin olive oil*), heavy cream, chives, salt, pepper.

parmesan potato wedges: russet potatoes, olive oil (*refined olive pomace oil, extra virgin olive oil*), parmesan, garlic, paprika, parsley, salt, pepper.

hearts of romaine salad: romaine, radicchio, radish, carrots, cherry tomato.

gorgonzola vinaigrette: gorgonzola, red wine vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), sugar, grain mustard (*mustard seeds, distilled vinegar, salt, white wine, sugar, citric acid, spices, potassium metabisulfite*), garlic, salt.

Allergens: *garlic/onion, soy, wheat, dairy*

BBQ Beef Brisket – **brisket:** red wine, white wine, tomato, thyme, garlic, rosemary, carrot, celery, bay leaf, red pepper, salt, pepper. **sauce:** red wine vinegar, brown sugar, ketchup (*tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring*), garlic, Worcestershire sauce (*high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda*), tabasco (*distilled vinegar, red pepper, salt*), butter. **Macaroni & Cheese:** manufacturing cream, elbow macaroni (*semolina (wheat), niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid*), cheddar cheese (*cultured milk, salt, enzymes, annatto (color)*), parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), asiago cheese (*pasteurized milk, cheese cultures, salt, enzymes*), butter, Worcestershire sauce (*high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda*), dry mustard, salt, pepper. *Flour is added to the sauce in the Gayle's to Go case.*

Old Fashioned Coleslaw: red cabbage, green cabbage, carrot, yellow onion, mayonnaise (*pasteurized egg yolks, whole eggs, Canola Oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon Mustard (water, mustard seeds, vinegar, salt, sulfite), salt, white pepper*), sour cream, white wine vinegar, celery seed, salt, sugar, chili powder, pepper.

Allergens: *garlic/onion, dairy, alcohol, soy, wheat*

Roast Pork Loin with apricot sourdough stuffing: center cut pork loin brined in bay leaf, brown sugar. roasted in garlic, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper. **Stuffing:** capitola sourdough (*organic white flour, water, levain (organic unbleached wheat flour, organic whole wheat flour), Organic Rye Flour, organic wheat flour, sea salt*), dried apricots, shallot, butter, parsley, white wine, garlic, salt, pepper. **Apricot sauce:** apricot preserves (*apricots, cane sugar, pectin, citric acid, potassium sorbate*), cornstarch, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), salt, pepper. **Vermont cheddar mashed potatoes:** russet potatoes, butter, heavy cream, Vermont sharp cheddar cheese, salt, pepper.

green beans with toasted almonds: green beans, butter, fresh thyme, toasted almonds, yellow onion, salt, pepper.

Allergens: *garlic/onion, wheat, dairy, alcohol, nuts*

Flank Steak w/ chimichurri sauce – flank steak, kosher salt, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, black pepper.

Chimichurri sauce: garlic, cilantro, parsley, white wine vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), cayenne.

sweet potato & swiss chard gratin: red potatoes, sweet potatoes, swiss chard, yellow onion, jarlsberg cheese, butter, heavy cream, garlic, flour, thyme, white pepper, salt, nutmeg. **chopped salad:** romaine lettuce, green cabbage, carrots, jicama, cilantro, radish. **orange cumin dressing:** orange juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), dijon mustard (*mustard seeds, vinegar, salt, sulfite*), white vinegar, cumin, salt, pepper, orange zest.

Allergens: *wheat, dairy, garlic/onion*

Chicken Schnitzel – chicken breast, flour, egg, salt, pepper, canola oil, panko (*bleached wheat flour, shortening (palm oil), cane sugar, yeast, salt*), parsley, cayenne pepper, dried mustard. **Gravy:** chicken stock (*chicken bones, paprika, salt, pepper, oregano*), bacon, heavy cream, flour, butter, salt, pepper.

buttermilk mashed potatoes: russet potatoes, heavy cream, buttermilk, butter, salt, pepper. **buttered green beans:** green beans, butter, salt, pepper.

Allergens: *wheat, egg, dairy*

Slow Braised Lamb Shanks – lamb shank, yellow onion, pear tomatoes, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), white wine, garlic, fennel seed, coriander seed, cumin seed, mustard seed, ground cardamom, cayenne pepper, fresh ginger, cilantro, salt, pepper.

Dolmas Rice Pilaf: basmati rice, grape leaves, currants, toasted pine nuts, fresh dill, preserved lemon (*lemons, water, salt, lemon juice*), butter, parsley.

Greek Country Salad: romaine, radicchio, arugula, spinach, parsley, scallions.

Dressing: lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), honey, shallots, parsley, fresh oregano, garlic, salt, pepper.

Allergens: *garlic/onion, alcohol, nuts, dairy*

SOUP

Split Pea Dahl - veggie stock (*onion, celery, carrots, water, salt, pepper*), split peas, mushrooms, potatoes, broccoli, onion, carrots, celery, tomato, ginger, wheat free tamari (*water, soybeans, salt, sugar*), balsamic vinegar, bay leaf, turmeric, cumin, cayenne, cinnamon, cloves, cardamom, salt.

Allergens: onion, soy