

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, water, 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, cream, Vermont sharp cheddar cheese, salt, pepper.

green beans with toasted almonds: green beans, butter, fresh thyme, 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. **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*), sauce: milk, mornay sauce (*heavy cream, chicken stock, roux* (butter, flour), *yellow onion, white wine, butter, sage, garlic, salt, black pepper*). **fresh asparagus:** asparagus, butter, salt, pepper.

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

HOT & COLD DINNERS October 5-11, 2026

Amalfi Chicken – chicken thighs, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, red wine vinegar, garlic, red pepper flakes, dried oregano, parsley, corn starch, salt, pepper. **eggplant cannelloni**: eggplant (*cooked with olive oil and salt*), ricotta filling (*ricotta, mozzarella, parmesan, asiago, garlic, parsley, fresh basil, fresh oregano, kalamata olives*), zesty sauce (*tomatoes, garlic, olive oil (refined olive pomace oil, extra virgin olive oil), basil, crushed red pepper, white wine, oregano, salt, pepper*). **crisp green salad**: romaine, spring mix, carrots, radish, cherry tomatoes. **with Italian dressing**: red wine vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), shallot, parmesan cheese, garlic, sugar, dried oregano, dried basil, dijon mustard (*water, mustard seeds, vinegar, salt, sulfites*), salt, pepper.

francese garlic bread: *Francese Baguette*: unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract. *Garlic butter*: salted butter, parmesan cheese, garlic, parsley.

Allergens: garlic/onion, wheat, dairy, alcohol

Roast Turkey – *turkey*: Diestel turkey, butter, salt, pepper, chicken and/or turkey stock (*chicken/turkey bones, paprika, salt, pepper, oregano*). Brined in: brown sugar, rosemary, thyme, bay leaf, salt, and pepper. **Gravy**: chicken and/or turkey stock (*chicken/turkey bones, paprika, salt, pepper, oregano*), butter, flour, yellow onion, carrot, celery, thyme, bay leaf, red pepper flakes, salt, pepper. **Sourdough stuffing**: chicken or turkey stock (*chicken/turkey bones, paprika, salt, pepper, oregano*), sourdough bread (*levain (organic unbleached wheat flour, water), water, organic unbleached wheat flour, organic whole wheat flour, organic rye flour, sea salt*), English toaster bread (*unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, malt extract*), butter, celery, onion, parsley, fresh thyme, bells seasoning (*rosemary, oregano, sage, ginger, marjoram, thyme, salt, pepper*), fresh sage, salt, pepper. **Mashed Potatoes**: russet potatoes, heavy cream, butter, salt, pepper.

Green Beans: green beans, butter, thyme, salt, pepper. **cranberry sauce**: cranberry, sugar, water, orange juice.

Allergens: dairy, wheat, onion

Teriyaki Flank Steak – flank steak, wheat free tamari (*water, soybeans, salt, sugar*), canola oil, brown sugar, orange juice, sambal oelek chili sauce (*red chili peppers, salt, sugar, acetic acid, potassium sorbate (preservative), xanthan gum, ascorbic acid*), ginger. **Sticky rice**: white rice, shiitake mushrooms, edamame, wheat-free tamari (*water, soybeans, salt, sugar*), scallions, cilantro, salt, pepper, sesame oil, olive oil (*refined olive pomace oil, extra virgin olive oil*).

baby bok choy sauté: baby bok choy, spinach, garlic, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

Allergens: soy, garlic/onion, sesame, alcohol

Italian Pot Roast – beef (cross rib), red wine, white wine, garlic, yellow onion, tomato, carrots, celery, bay leaf, basil, dijon mustard (*distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric*), salt, pepper, crushed red pepper. **Gravy:** beef paste (*roast beef and beef stock, salt, hydrolyzed protein (soy, corn), sugar, corn oil, autolyzed yeast extract, corn starch, caramel color, natural flavors, maltodextrin, disodium guanylate, disodium inosinate, corn syrup, solids, beef extract, dextrose, beef fat*), beef stock (*beef base (roast beef and beef stock, salt, hydrolyzed protein (soy, corn), sugar, corn oil, autolyzed yeast extract, corn starch, caramel color, natural flavors, maltodextrin, disodium guanylate, disodium inosinate, corn syrup, solids, beef extract, dextrose, beef fat), paprika, salt, pepper, oregano*), tomatoes, tomato paste (*tomato pulp, citric acid*), butter, flour, salt, pepper. **Parmesan smashed potatoes:** red potatoes, half & half, sour cream, butter, parmesan (*pasteurized milk, cheese culture, salt, enzymes*), salt, pepper, parsley. **Peas & pancetta:** peas, spinach, pancetta, garlic, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.
Allergens: garlic/onion, soy, dairy, alcohol, wheat

Chicken Marbella – bone in dark meat chicken, olive oil (*refined olive pomace oil, extra virgin olive oil*), red wine vinegar, prunes (*pitted prunes, sunflower oil, potassium sorbate*), green olives (*olives, water, sea salt, lactic acid, spices*), capers (*capers, water, distilled vinegar, salt*), bay leaves, dried oregano, salt, pepper, brown sugar, white wine, garlic.
buttered basmati rice: rice, butter, salt, pepper, parsley.
Broccolini with preserved lemon: broccolini, butter, preserved lemon (*lemons, water, salt, lemon juice*), salt, pepper.
Allergens: dairy, garlic, alcohol

Pistachio Crusted Salmon – salmon, pistachios, lemon zest, garlic, salt, pepper.
glazed in: honey, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, cayenne, lemon juice. **Herb roasted baby Yukon potatoes:** Yukon gold potatoes, olive oil (*refined olive pomace oil, extra virgin olive oil*), parsley, thyme, oregano, garlic, salt, pepper. **lemon asparagus:** asparagus, butter, lemon zest, salt, pepper.
Allergens: dairy, nuts, garlic

Bistro Steak – terres major steak, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, black pepper, kosher salt. **Sauce:** red wine, butter, mushrooms, burgundy wine, shallots, salt, pepper. **truffled fettuccine:** fettuccine pasta, cremini mushrooms, white mushrooms, parmesan cheese, truffle butter (*cultured butter, white truffle pieces, white truffle puree, white truffle extract, sea salt*), truffle oil, white wine, shallots, salt, pepper. **butter lettuce & arugula salad:** butter lettuce, radicchio, radish, carrots, arugula. **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, alcohol, dairy, wheat*

SOUP

Creamy Tomato- tomato puree (tomatoes, water), water, cream, onion, garlic, salt, black pepper.

Allergens: *dairy, garlic/onion*