

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*

COLD GRAB & GO

Pastas

Spaghetti & Meatballs – *meatballs*: ground beef, english toaster bread crumbs (*unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract*), onion, parmesan (*pasteurized milk, cheese culture, salt, enzymes*), parsley, eggs, fresh basil, garlic, dried oregano, salt, pepper. Spaghetti Noodles (*durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid*). *Sauce*: tomato, garlic, onion, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), crushed red pepper, oregano, salt, pepper, bay leaf, basil.

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

Roasted Butternut Squash & Radicchio Pappardelle – pappardelle pasta (*durum wheat semolina, eggs, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid, iron (ferrous lactate))*), butternut squash, radicchio, butter, parmesan (*pasteurized milk, cheese culture, salt, enzymes*), shallots, parsley, white wine, pine nuts, olive oil, salt, pepper

Allergens: dairy, onion, egg, alcohol, wheat, nuts

Spinach Gorgonzola Pasta – pasta shells (*durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid*), gorgonzola sauce (*bechamel sauce (milk, butter, flour, nutmeg, salt, pepper), gorgonzola cheese*), ricotta, frozen spinach, gorgonzola cheese, garlic, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), salt, pepper.

Allergens: dairy, garlic, wheat

Penne d'Alba – penne pasta (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate))*, red sauce (*canned pear tomatoes, olive oil (refined olive pomace oil, extra virgin olive oil), garlic, salt, pepper*), mozzarella cheese (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), garlic, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

Allergens: dairy, garlic, wheat

Lasagne Bolognese – lasagna noodles (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), Bolognese sauce (*ground beef, carrots, celery, onion, garlic, pear tomato, red pepper flakes, tomato paste (tomato pulp, citric acid), white wine, red wine, sherry, bay leaves, basil, chicken stock (chicken bones, paprika, salt, pepper, oregano), salt, pepper, fresh oregano*), fresh spinach, ricotta, fresh basil, fresh oregano, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), mozzarella cheese (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), garlic, salt.

Allergens: dairy, onion/garlic, alcohol, wheat

Spinach & Ricotta Lasagne – lasagna noodles (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), zesty sauce (*tomatoes, garlic, olive oil (refined olive pomace oil, extra virgin olive oil), crushed red pepper, basil, oregano, salt, pepper*), fresh spinach, ricotta, fresh basil, fresh oregano, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), mozzarella cheese (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), garlic, salt.

Allergens: dairy, garlic, wheat

Entrees

Grilled Chicken Capellini - capellini pasta (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), grilled marinated chicken breast (*gluten free tamari (water, soybeans, salt, sugar), lemon juice, canola oil, sesame oil, sugar, garlic, dry mustard, kosher salt, black pepper*), cherry tomatoes, mozzarella (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), scallions, parsley. Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar, tomato puree, garlic, red pepper flakes, sugar, kosher salt, black pepper.

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

Chicken Parmesan – chicken breast, panko breadcrumbs (*bleached wheat flour, shortening (palm oil), cane sugar, yeast, salt*), garlic, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), mozzarella cheese (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), thyme, egg, flour, parsley, canola oil (for frying). **Sauce:** tomato, tomato paste (*tomato pulp, citric acid*), white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), basil, garlic, oregano, red pepper flakes, salt, pepper.

Allergens: dairy, garlic, egg, alcohol, wheat

Meatloaf & Mashed Potatoes *meatloaf*: ground beef, celery, carrots, yellow onion, capicola sourdough breadcrumbs (*organic white flour, water, levain* (organic unbleached wheat flour, organic whole wheat flour, water), *Organic Rye Flour, organic wheat flour, sea salt*), eggs, salt, pepper, red pepper flakes, dried oregano, ketchup (*tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring*). *Mashed potatoes*: russet potatoes, heavy cream, butter, salt, pepper. **Allergens: onion, wheat, egg, dairy**

Chicken Pot Pie – chicken meat (*roasted with salt, paprika, oregano, garlic*), Italian chicken sausage (*chicken, mozzarella cheese* (pasteurized milk, cultures, salt, enzymes, cellulose added to prevent caking), *contains 2% or less of the following: parsley, roasted garlic (with olive oil), salt, spices, vinegar, paprika, sugar, basil, celery powder, sea salt. Stuffed in a natural pork casing*), chicken stock (*chicken bones, paprika, salt, pepper, oregano*), onion, red potato, carrot, mushroom, celery, butter, flour, green olives (*olives, water, sea salt, lactic acid, spices*), sage, rosemary, oregano, bay leaf, peppercorn, clove. **Crust**: pastry flour, cake flour, unsalted butter, water, salt, egg wash on top (*eggs, milk*) **Allergens: dairy, onion/garlic, egg, wheat**

Polenta Casserole - polenta (*polenta (corn), garlic, parmesan* (pasteurized milk, cheese culture, salt, enzymes), *white wine, mascarpone* (pasteurized cream & milk, citric acid), *oregano, salt, pepper*), zesty red sauce (*tomatoes, garlic, olive oil* (refined olive pomace oil, extra virgin olive oil), *crushed red pepper, basil, oregano, salt, pepper*), cremini mushrooms, white mushrooms, sauteed spinach, yellow onion, white wine, chive, olive oil (*refined olive pomace oil, extra virgin olive oil*), fresh oregano, butter, garlic, salt, pepper, asiago cheese (*pasteurized milk, cheese cultures, salt, enzymes*), mozzarella cheese (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*). **Allergens: dairy, onion/garlic, alcohol**

Chicken Enchiladas – corn tortillas (*Ground corn treated with lime, propionic acid* (to preserve freshness), *guar gum, cellulose gum, benzoic acid* (preservative), *phosphoric acid* (acidulant), *and enzymes* (to preserve freshness)), chicken (*roasted with salt, paprika, oregano, garlic*), jack cheese (*pasteurized milk, cheese cultures, salt, enzymes*), yellow onion, enchilada sauce (*chicken stock* (chicken bones, paprika, oregano, salt, pepper), *water, sour cream, mild green chilis, gluten free flour* (garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour), *salt, pepper*), cumin, chili powder, cilantro, salt, pepper. **Allergens: dairy, onion/garlic**

Potato & Kale Enchiladas – potato, pepper jack cheese, yellow onion, kale, roasted poblano chili, green bell pepper, cilantro, cumin, salt, pepper, corn tortilla (*Ground corn treated with lime, propionic acid (to preserve freshness), guar gum, cellulose gum, benzoic acid (preservative), phosphoric acid (acidulant), and enzymes (to preserve freshness)*).

Sauce: red enchilada sauce (*tomato puree (water, tomato paste), water, red chili puree, salt, chili pepper, canola oil, onion powder, spices, garlic puree, colored with oleoresin paprika, pectin, corn starch, natural flavors, lemon juice concentrate, citric acid, guar gum, xanthan gum, garlic powder, autolyzed yeast extract, locust bean gum*), heavy cream.

Allergens: *dairy, onion/garlic*

BBQ Pork Ribs - St. Louis pork ribs, BBQ 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), 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), garlic, salted butter, Tabasco (distilled vinegar, red pepper, salt)*).

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

Twice Baked Potato – russet potatoes, sour cream, cheddar cheese (*cultured milk, salt, enzymes, annato (color)*), white cheddar cheese, manufacturing cream, green chili, black olives (*ripe olives, water, sea salt*), salt, pepper.

Allergens: *dairy*

Mashed potatoes: russet potatoes, heavy cream, butter, salt, pepper **Allergens:** *dairy*

Gayle's Own Sides

Deviled Eggs – hard boiled eggs, mayo (*canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), egg, white wine vinegar, Dijon mustard (water, mustard seeds, vinegar, salt, sulfites), salt, white pepper*), chives, dried mustard, white wine vinegar, black pepper, kosher salt, paprika, cayenne.

Allergens: *onion, egg, alcohol*

Dill Pickles – cucumber, water, salt, vinegar, calcium chloride, sodium benzoate, natural flavoring & spices

Allergens: *(no common allergens)*

Housemade Pickles – hot house cucumbers, brown sugar, apple cider vinegar, kosher salt, mustard seed, turmeric, whole cloves, allspice berries, crushed red pepper, yellow onion.

Allergens: *onion*

Garlic Bread – *Francese Baguette*: unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract. *Garlic butter*: salted butter, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), garlic, parsley.

Allergens: *dairy, garlic, wheat*

Garlic butter: salted butter, parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), garlic, parsley

Allergens: *dairy, garlic*

Garlic & Artichoke Dip – artichoke hearts (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), cream cheese (*pasteurized milk & cream, salt, carob bean gum, cheese culture*), sour cream, garlic, scallions, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

Allergens: *dairy, onion/garlic*

Hummus – garbanzo beans, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, tahini (*ground sesame seeds*), parsley, scallions, garlic, cumin, salt, black pepper.

Allergens: *sesame, onion/garlic*

Roasted Red Pepper Cashew Spread: cashews, roasted red bell pepper (*fire roasted peppers, water, salt, citric acid, calcium chloride*), olive oil (*refined olive pomace oil, extra virgin olive oil*), gluten free tamari (*water, soybeans, salt, sugar*), cayenne.

Allergens: *nuts, soy*

Savory Cheese Spread - cream cheese (*pasteurized milk & cream, salt, carob bean gum, cheese culture*), Spanish olives (*queen olives, water, minced pimiento, salt, lactic acid, sodium alginate, guar gum, calcium chloride, potassium sorbate*), pepperoncini (*peppers, water, distilled vinegar, salt, citric acid, benzoate, sodium bisulfite, yellow 5*), garlic, pimento

Allergens: *dairy, garlic*

Orange Balsamic Vinaigrette - olive oil (*refined olive pomace oil, extra virgin olive oil*), orange juice, red wine vinegar, balsamic vinegar, sugar, garlic, red onion, red bell pepper, cayenne, parsley, salt, pepper.

Allergens: *onion/garlic*

Poppyseed Dressing – canola oil, apple cider vinegar, sugar, yellow onion, poppyseeds, salt, black pepper, dry mustard

Allergens: *onion*

Red Wine Vinaigrette - olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar, salt

Allergens: *(no common allergens)*

Sesame Lemon Dressing - canola oil, sesame oil, lemon juice, wheat free tamari sauce (*water, soybeans, salt, sugar*), garlic, dry mustard, sugar. **Allergens:** *sesame, soy, garlic*

Truffle Mousse Pate - pork, chicken liver, egg, pork fat, milk, pork stock, skim milk powder, onions, salt, sherry wine, mushrooms, truffles, concentrated mushroom juice, hydrolyzed plant protein (*corn gluten, soy protein and wheat gluten*), pineau (*cognac, grape juice*), spices, garlic.

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

Marinated Anchovies – anchovies, sunflower oil, alcohol vinegar (contains traces of sulphites), salt, parsley, acidity regulator: citric acid, preservative: potassium sorbate.

Allergens: *alcohol*