

Icon Legend



Code	Fresh Salads and Sandwiches	QTY
Salads		
100	Bean to Santa Fe Beans, Tomato, Carrot, Corn, Pumpkin Seeds, Avocado Dressing	7.25
105	Beet It Beet, Spinach, Almonds, Goat Cheese, Balsamic	7.25
110	Broccoli Nee Swas Broccoli, Potato, Onion, Tomato, Olives, Capers, Ranch	6.75
115	Buffalo Chicken Slaw Shredded buffalo sauced chicken breast, shredded cabbage and celery, parmesan, and green onions	7.00
120	Curry on Cauli Curry, Cauliflower, Tomato, Carrot, Cabbage, Mixed Greens, Almonds	7.25
125	Easy Breezy Caprese Tomato, Broccoli, Onion, Spinach, Orzo, Balsamic	7.25
130	Mad Greek Quinoa, Peppers, Cucumber, Tomato, Onion, Olives, Pumpkin Seeds, Artichoke Dressing	7.25
135	Make it Snap Pea Peas, Peppers, Cucumber, Cabbage, Carrot, Romaine, Noodles, Sunflower Seeds, Siracha Dressing	7.50
140	Nothing But Caesar Salad Romaine lettuce, parmesan, croutons, and homemade caesar dressing	6.00
145	Tomato Rainbow Bright Chop Like the Garden Salad: Tomato, Cucumber, Carrot, Cabbage, Beans, Lettuce, Artichoke Dressing	6.50
150	Yes Chef Salad Ham, Turkey, Cheese, Tomato, Onion, Cucumber, Ranch	11.50
200	Baja Beef Bowl Quinoa, veggie salsa, romaine, cabbage, corn salsa, baja beef, cherry tomato, avocado, chipotle mayo, cilantro, green onion	13.00
205	BBQ Chicken Bowl Quinoa, veggie salsa, kidney beans, romaine, cherry tomato, chicken, bbq sauce, avocado, green onion, cilantro, avocado dressing	12.50
210	Buddha Bowl Mixed Greens, noodles, sweet potatoes, cabbage, snap peas, red pepper, carrots, edamame, avocado, black sesame, chickpeas, soy dressing	11.25
215	Flank Steak Bowl Mixed greens, noodles, cabbage, snap peas, red pepper, carrots, green onion, black sesame, flank steak, sriracha, soy dressing	13.50
220	Glazed Chicken Bowl Romaine, vermicelli, carrot, cabbage, snap peas, red pepper, green onion, chicken, tahini, soy dressing	12.50
Sandwiches		
300	BBQ Beef Wrap BBQ beef, lettuce, tomato, red onion, monterey jack cheese, and homemade chipotle mayo	8.00
305	Egg Salad Classic Egg salad with mayo, green onions, and lettuce on white bread	5.25
310	Ham & Cheddar Sliced ham, cheddar, lettuce, tomato, mayo and mustard on a bun	7.25
315	Tuna Salad Albacore tuna, pickles, onion, ranch, lemon, lettuce on cheddar bread	7.00
320	Turkey Clubhouse JD Farm turkey breast, bacon, bread stuffing, cranberry mayo, lettuce and tomato on brown bread	8.75
325	Veggie Ciabatta Roasted vegetables, spinach, and homemade hummus on ciabatta	7.00
330	The Whole Shebang Bang Wraps, Romaine, Onion, Crispy Chicken, Sweet & Spicy Sauce	7.25

Code	Fresh Snacks	QTY
400	Almond Flax Granola	5.75
405	Bagel N' Egger Bagel, Egg, cream cheese, and Fruit	6.25
410	The Chicken and The Veggies Slices of cooked chicken breast, cut veggies, and hummus	7.95
415	Fresh N' Fruity An assortment of fresh fruit	5.25
420	Meat Supreme An assortment of cured meats, bocconcini, olives, and balsamic reduction	9.00
425	Say Cheese Assorted cheeses, fresh fruit, nuts, and crackers	7.95
430	Veg Out Cut veggies and homemade ranch dressing	5.95
435	Yogurt Parfaition Vanilla yogurt with fresh berries and almond flax granola	5.25

Code	Desserts	QTY
500	Chocolate Chip Cookies (12)	6.00
505	Coconut Fudge Macaroons (12)	7.00
510	Papa's Gingersnap Cookies (12)	6.00
515	Banana Bread Loaf	3.50
520	Blueberry Struessel Loaf	3.50
525	Carrot Cake with Cream Cheese Icing	3.75
530	Chocolate Brownie	3.75
535	Chocolate Pear Decadence Bar *Limited Time	4.00
540	Cherry Tarts (2)	3.25
545	Lemon Tarts (2)	3.25
550	The Pastry Box's Lemoncello Cloud Cake	13.00
555	The Pastry Box's Chocolate Cloud Cake	13.00
560	Simon's English Apple Pie	6.25
565	Rice Pudding	1.50

Code	Nosh Low Carb	QTY
600	Nosh's Bread Loaf	14.00
605	Nosh's Buns (6)	12.00
610	Nosh's Chocolate Brownies (4)	7.00
615	Nosh's Chocolate Chip Cookies (6)	10.00
620	Nosh's Fat Bombs Pack (12)	18.00
625	Nosh's Peanut Butter Fudge (6)	10.00
630	Nosh's Strawberry Cheesecakes (4)	13.00

Code	Keto Friendly Meals	QTY
700	Broccoli & Chorizo Casserole	7.95
705	Cauliflower Bacon Mac N' Cheese	7.95
710	Cauliflower Pesto Chicken	7.95
715	Cheesy Chicken Fajita Bake	7.95

Code	Drinks	QTY
800	Ensure - Chocolate	12.00
805	Ensure - Vanilla	12.00
810	Ensure - Strawberry	12.00
815	Juice - Apple	2.00

Code	Meals for One	QTY
Poultry		
900	BBQ Chicken Thigh Meal Roasted garlic smash, carrots, and beans	10.00
905	Breaded Chicken Piccata Meal Lemon caper butter, rice pilaf, roasted peppers and zucchini	10.00
910	Butter Chicken with Rice Mild spice, creamy butter chicken sauce, and basmati rice	9.00
915	Cheesy Chicken Ham Bake Meal Scallop potatoes and broccoli	10.00
920	Chicken Carbonara Ravioli Pasta d'Angelo's stuffed pasta, parmesan cream sauce, peas, and mushrooms	9.00
925	Chicken Chow Mein Marinated chicken thigh, homemade teriyaki sauce, stir-fried veggies, and Hons chow mein noodles	11.00
930	Spaghetti Bowl Homemade JD Farm's ground turkey spaghetti sauce on top of spaghetti	7.00
935	Taco Mac n Cheese Bowl Ground taco seasoned chicken, salsa, nacho cheese, tortilla chips	7.50
940	Tex Mex Chicken Quinoa Bowl Ground taco seasoned chicken, quinoa, corn, peppers, and salsa	8.50
945	Thai Chicken Meal Coconut rice and sautéed veggies	11.00
950	Turkey Dinner Gravy, mashed potatoes, bread stuffing, peas and carrots	10.00
955	Simon's Chicken & Veggie Pot Pie	6.50
Beef and Pork		
1000	Glazed Meatloaf Meal Red skin garlic smash, and vegetable medley	9.50
1005	Greek Spice Pork Loin Meal Chickpea salsa, rice pilaf, roasted peppers and zucchini	9.25
1010	Pot Roast Meal Mashed potatoes, gravy, carrots, and beans	10.00
1015	Sausage and Perogie Meal Bacon, onion & cabbage sauté	9.00
1020	Shepherd's Pie J Baird ground beef with veggies, and topped with mashed potatoes	8.00
1025	Sweet & Sour Meatballs Meal Asian rice and stir-fry veggies	9.50
1030	Swiss Style Steak Meal French onion barley risotto and broccoli	11.00
1035	Traditional Beef Lasagna Layers of Pasta d'Angelo pasta sheets, J Baird ground beef tomato sauce, cottage cheese and spinach	8.25
1040	Simon's Steak & Veggie Pot Pie	6.50
Seafood		
1100	Cornmeal Crusted Basa Meal Lemon drizzle, scallop potatoes, broccoli, and beans	10.00
1105	Jumbo Prawn & Candied Salmon Risotto Leek, spinach, and cherry tomato	13.00
1110	Soy Maple Glazed Salmon Meal Coconut milk rice, charred snap peas, zucchini, and peppers	11.00
Vegetarian		
1200	Eggplant Piccata Meal Lemon caper butter, rice pilaf, roasted peppers and zucchini	7.50
1205	Mac n Cheese Nothing beats a classic	6.00
1210	Tex Mex Black Bean Quinoa Bowl Black Beans, quinoa, corn, peppers, and salsa	7.00
1215	Veggie Carbonara Ravioli Pasta d'Angelo's stuffed pasta, parmesan cream sauce, peas, and mushrooms	7.50
1220	Veggie Chow Mein Charred snap peas and peppers, homemade teriyaki sauce, stir-fried veggies, and Hons chow mein noodles	7.25

Code	Soups – Ask Us for This Week's Features!	QTY
1300	Minestrone	5.25 10.50
1305	Ground Turkey Chili	7.00 13.50
1310	Feature Beef Soup	5.25 10.50
1315	Feature Chicken Soup	5.25 10.50
1320	Feature Veggie Soup	5.25 10.50

Code	Meals for Two or More	QTY
1400	Mac N' Cheese – Medium	11.50
1405	Shepherd's Pie – Medium	15.00
1410	Taco Mac N' Cheese – Medium	14.50
1415	Traditional Beef Lasagna – Medium	15.50
1420	Chicken Chow Mein – Family	36.00
1425	Veggie Chow Mein – Family	28.00
1430	Mac N' Cheese – Family	28.00
1435	Shepherd's Pie – Family	32.00
1440	Taco Mac N' Cheese – Family	32.00
1445	Traditional Beef Lasagna – Family	35.00
1450	Pot Roast Dinner – Family Mashed Potatoes, Seasonal Veggies, and Gravy	40.00
1455	Turkey Dinner – Family Stuffing, Mashed Potatoes, and Gravy	35.00
1460	Hons Chicken Pot Stickers (30 with Sauce)	12.00
1465	Hons Pork Pot Stickers (30 with Sauce)	12.00
1470	Veronica's Deluxe Feta & Bacon Perogies	8.75
1475	Veronica's Potato & Onion Perogies	8.75
Sides		
1500	Biscuits (4)	5.00
1505	Samosas (2 with Sauce)	5.50
1510	French Onion Barley Risotto (1lb)	8.00
1515	Mashed Potatoes (1lb)	6.00
1520	Rice Pilaf (1lb)	6.00
1525	Roasted Garlic Smashed Potatoes (1lb)	5.75
1530	Seafood Risotto (1lb)	12.00
1535	Scalloped Potatoes (1lb)	8.00
1540	Traditional Bread Stuffing (1lb)	10.00
1545	Turkey Gravy (500g)	7.00
Proteins		
1600	Butter Chicken Sauce (500g)	12.00
1605	Spaghetti Sauce (500g)	7.00
1610	BBQ Chicken Thighs (8 – 10)	32.00
1615	Chicken Tenders (750g)	22.00
1620	Glazed Meatloaf - Family (750g)	19.50
1625	Honey Garlic Wings (2lbs)	20.00
1630	Sweet & Sour Meatballs (1500g)	24.00
1635	Swiss Steaks (400g)	15.00
Wraps and Burritos		
1700	Breakfast Wraps (4)	13.50
1705	Bacon Breakfast Wraps (4)	16.75
1710	Beef Burritos (4)	16.75
1720	Chicken Burritos (4)	15.75
1725	Veggie Burritos (4)	13.00
1730	Chicken Quesadillas (4)	14.50
1735	Veggie Quesadillas (4)	11.00