



PREPARED FOOD MENU

READY TO EAT

ALL MENU ITEMS ARE SINGLE PORTION. SERVES 1.

LEAFY GREEN SALADS

Caesar Salad With Chicken | \$10

Romaine, croutons, Grana Padano, lemon chicken, Caesar dressing

Classic Salad | \$9

Mesclun, carrots, grape tomatoes, Grana Padano, cranberries, dijon dressing

Cobb Salad | \$10

Romaine, cherry tomatoes, lemon chicken, bacon, Black River Blue, red onion, eggs, buttermilk ranch dressing

Greek Salad | \$10

Mesclun, grape tomatoes, cucumber, Greek feta, kalamata olives, red onion, sherry vinaigrette

Vermont Chèvre Salad | \$9

Mixed greens, radishes, snap peas, chèvre, cucumber, citrus vinaigrette

Power Up Salad | \$11

Kale, quinoa, chickpeas, carrots, red cabbage, scallions, Thousand Island dressing

Roast Turkey Farro Bowl | \$11

Arugula, farro, turkey, blueberries, goat cheese, pistachios, honey mustard dressing

Chipotle Chicken Bowl | \$11

Grilled chipotle chicken, avocado, rice, black beans, pineapple salsa, lime

Mini Classic Salad | \$3.50

Mixed greens, dried cranberries, candied walnuts, aged gouda, creamy balsamic vinaigrette

GRAIN & PASTA SALADS

Pesto Orecchiette | \$7

Orecchiette, Nicoise olives, oven-cured cherry tomatoes, parsley, pesto, Grana Padano

Farro Salad With Mushroom | \$7

Farro, mushroom, green peas, sesame oil, sherry vinegar, lime, cilantro, parsley, basil, sesame seeds, Extra Virgin Olive Oil

Orzo and Lemon Chicken | \$7

Orzo, cherry tomato, artichokes, parsley, lemon chicken, kalamata olives, manouri, lemon

Tunisian Couscous | \$7

Israeli couscous, roasted red pepper, cauliflower, golden raisins, slivered almonds, capers, garlic, curry powder, paprika, lemon, olive oil

PROTEIN SALADS

Tuna Salad | \$7

Tuna, red onion, celery, capers, lemon zest, parsley, mayonnaise

Chicken Salad | \$7

Roasted chicken, dill, red onion, celery, fennel, lemon zest, mayonnaise

Curried Chicken | \$7

Roasted chicken, celery, carrots, red onion, golden raisins, lime, curry, mint, mayonnaise

QUICHES & POT PIES

Chicken Pot Pie | \$11

Mornay sauce, chicken, carrots, leeks, celery, pate brisee

Mushroom Pot Pie | \$11

Mushrooms, pie dough, mornay sauce, green peas, celery, leeks

Bacon Scallion Quiche | \$9

Bacon, Gruyère, scallion, eggs, heavy cream, salt, pepper

Cheddar & Onion Quiche | \$9

Eggs, Parmesan cheese, caramelized onions, white cheddar, fresh thyme

Spinach Crottin Quiche | \$9

Eggs, spinach, goat cheese, roasted tomatoes

HEAT & SERVE

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Chicken Parmesan | \$10

Chicken, buttermilk, onion, garlic, cayenne, panko, marinara sauce, mozzarella

Spaghetti & Meatballs | \$10

Spaghetti, beef, tomato, spices, onion, garlic, panko crumbs

Eggplant Parmesan | \$8

Eggplant, marinara sauce, mozzarella, herbs, panko crust

Lasagna al Forno | \$9

Beef ragu, herbed ricotta

Lasagna Florentine | \$8

Spinach, herbed ricotta

Artichoke Mac & Cheese | \$10

Radiatore noodles, Murray's Mac Blend, artichokes, seasoned bread crumbs

VEGETABLES

Baby Carrots | \$6

Baby rainbow carrots, Greek feta, Za'atar spice

Brussel Sprouts | \$8

Shaved raw brussel sprouts, roasted brussel sprouts, shaved radish, arugula, Calabrian vinaigrette

Broccolini With Truffle Pesto | \$7

Broccoli, truffle pesto, Parmesan cheese

Farro Salad With Kale | \$7

Farro, kale, green peas, cilantro, parsley, basil, sherry vinegar, lime, sesame oil, Extra Virgin Olive Oil

Classic Mac & Cheese | \$8

Radiatore noodles, Murray's Mac Blend, seasoned bread crumbs

Chicken & Broccoli Mac & Cheese | \$10

Radiatore noodles, Murray's Mac Blend, chicken, broccoli, seasoned bread crumbs

Lentil-Ricotta Meatballs | \$10

Lentils, garlic, onion, panko, eggs, Grana Padano, herbs, ricotta

Mozzarella Meatballs | \$10

Beef, tomato, spices, onion, garlic, mozzarella, panko

Meatloaf with Piri Piri Sauce | \$9

Turkey, Emmentaler, baguette, butter, eggs, onion, garlic, apples, herbs, lemon

Plancha Veggies | \$7

Seasonal veggies, Extra Virgin Olive Oil

Salmon Cakes | \$10

Salmon, herbed crust, herbed creme fraiche

Veggie Burgers | \$9

Black beans, chickpeas, eggs, jalapeños, zucchini, oats, cilantro

Rosemary Sweet Potatoes | \$8

Sweet potato, rosemary, Extra Virgin Olive Oil

Mashed Potatoes | \$7

Potatoes, heavy cream, butter

SOUPS**Three Bean Chili | \$8**

Tomatoes, onions, pinto beans, red chili beans, black beans, sweet corn, green peppers, red peppers, yellow peppers, garlic, cilantro, paprika, sea salt, red pepper

Broccoli and Cheese | \$8

Chicken stock, broccoli, cream, onion, wheat flour, Monterey Jack, butter

Tomato Bisque | \$7

Onions, tomatoes, butter, cream, garlic, cumin

Lentil Veggie | \$7

Lentils, carrots, caramelized onions, garlic, Extra Virgin Olive Oil, balsamic, Moroccan spices

Minestrone | \$7

Ditalini pasta, white beans garden veggies, Extra Virgin Olive Oil, Parmesan cheese

Chicken Noodle | \$7

Chicken, carrots, celery, onion, noodles