



MARKET SPECIALS

Monday February 13th through Wednesday February 15th

MAIN COURSE

ROASTED PORK with apples (GF)

EGGPLANT INVOLTINI with ricotta in red sauce (GF)

orange glazed DUCK BREAST (GF)

SHRIMP & ANDOUILLE SAUSAGE GUMBO (GF)

PASTA

GEMELLI PASTA with roasted zucchini, parmesan & garlic

GRATIN

BRUSSELS SPROUT & POTATO GRATIN

COLD SALADS

CURRY CHICKEN SALAD with tarragon (GF)

TUNA NICOISE with French beans, tomato, olives, egg (GF)

SIDE SALADS

FRENCH LENTIL SALAD with roasted carrots & feta (GF)

FARRO & ROASTED PEPPER SALAD (GF & V)

SIDE DISHES

lemon garlic BROCCOLINI (GF & V)

PERSIAN JEWELLED RICE (GF & V)

PUREE OF PARSNIPS & TURNIPS (GF & V)

SATUÉED SPINACH with shitake mushrooms (GF & F)

GF – Gluten Free V - Vegan



MARKET SPECIALS

Thursday February 16th through Sunday February 19th

MAIN COURSE

PARMESAN CRUSTED SAUTÉED CHICKEN BREAST

LAMB SHEPHERD'S PIE with onions, carrots, peas & potatoes (GF)

EGGPLANT PARMSEAN (GF)

CHICKPEA & SPINACH STEW (V & GF)

PASTA

PAPPARDELLE with asparagus & mushrooms

CHICKEN LASAGNA with spinach and ricotta

COLD SALADS

CHICKEN COBB SALAD with bacon, eggs, walnuts, cucumber, dijon mustard (GF)

COMPOSE SALMON SALAD

SIDE SALADS

LENTILS SALAD with carrots and feta

COUS COUS with roasted eggplant and tomato (GF)

SIDE DISHES

SAUTÉED BROCCOLI RABE with balsamic & pistachios (GF & V)

JASMINE RICE with asparagus (GF & V)

ROASTED BABY GOLDEN BEETS with olive oil (GF & V)

GRILLED ASPARAGUS with olive oil (GF & V)

GF – Gluten Free V - Vegan