



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, December 29, 2025

SOUPS

Cajun Shrimp and Corn Chowder (D) 3/5

Cabbage and Potato (GF/DF/OF/VE) ♦↓ 3/5

ENTREES

Blackberry Balsamic Glazed Chicken (GF/D) ♦↓ 6

Chicken breast, butter, shallots, brown sugar, cinnamon, and blackberries.

Flank Steak with Mint Mustard Sauce (GF/DF) ↓▼ 6

Beef flank steak, garlic, mustard, red wine vinegar, honey, and mint.

Vegan Mushroom Shepherd's Pie (GF/DF/VE/A) ↓ 6

Onion, carrots, celery, garlic, mushrooms, thyme, rosemary, red wine, peas, rice flour, nutritional yeast, and vegan mashed potatoes.

SIDES

Roasted Fingerling Potatoes (GF/DF) 1

Roasted Cauliflower (GF/DF) ♦▼ 1

Steamed Brussels Sprouts 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Banana Marble Cake (D) 3

Mixed Fruit 2



Dinner Specials ~ Tuesday, December 30, 2025

SOUPS

Cajun Shrimp and Corn Chowder (D) 3/5

Cabbage and Potato (GF/DF/OF/VE) ♦↓ 3/5

ENTREES

BBQ Roasted Shrimp (GF/DF) ♦ 6

Shrimp, ketchup, brown sugar, lemon juice, chili powder, tabasco, and cumin.

Cajun Roasted Salmon (GF/DF) ♦ 6

Salmon, paprika, oregano, thyme, brown sugar, and cayenne.

Chickpea and Okra Stew with Jasmine Rice (GF/DF/OF/VE) ↓ 6

Green peppers, celery, rice flour, tomatoes, chickpeas, okra and onions.

SIDES

Garlic and Herb Brown Rice (GF/DF) ▼↓ 1

Braised Green Beans (GF/DF/VE) ♦↓ 1

Steamed Corn 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Banana Marble Cake (D) 3

Mixed Fruit 2



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, January 2, 2025

SOUPS

Salmon Chowder (D) 3/5

Beet and Kohlrabi (GF/DF/OF/VE) ↓ 3/5

ENTREES

Honey and Orange Glazed Chicken (GF/D) ♦ 6

Chicken thighs, butter, garlic, ginger, orange, honey, and zest.

Five-Spice Pork Butt (GF/DF/A) ♦ 6

Pork butt, garlic, ginger, onions, soy sauce, wine, spices, and scallions.

Sesame Ginger Grilled Portobello Mushrooms (GF/DF/VE) ♦ 6

Soy sauce, vinegar, sesame oil, sambal oelek, ginger, and scallions.

SIDES

Scallion Rice Pilaf (GF/DF) ↓ 1

Miso Roasted Carrots (GF/D) ♦ 1

Steamed Parsnips 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Chocolate Mint Cream Pie (D) 3

Mixed Fruit 2

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(DF) Dairy Free • (A) Contains Alcohol • (OF) Oil-Free • (♦) Low Carb • (♥) Low Sodium • (†) Low Fat



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, January 3, 2025

SOUPS

Creamy Tomato (GF/D/VG) 3/5

Garden Vegetable (DF/VE) 3/5

ENTREES

Sundried Tomato and Caper Crumb Cod (D) ♦↓ 6

Cod, butter, panko, sundried tomato, capers, parsley, and kalamata olives.

Middle Eastern Braised Lamb (GF/DF) ♦ 6

Leg of lamb, cumin, coriander, turmeric, onion powder, cinnamon, and tomatoes.

Spiced Eggplant Stuffed Peppers (GF/DF/OF/VE) ↓ 6

Eggplant, fire roasted tomatoes, cumin, garbanzo beans, garlic, onions, and bell peppers.

SIDES

Couscous with Mint, Pine-Nuts, and Feta (D/Nuts) 1

Roasted Broccoli (GF/DF) ♦▼ 1

Steamed Cauliflower 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Chocolate Mint Cream Pie (D) 3

Mixed Fruit 2