



Poultry

Roast Chicken with Bread + Arugula Salad

Herbed roast chicken served over savory, crispy homemade croutons and an arugula salad with dijon vinaigrette

Greek Chicken Meatballs

Ground chicken meatballs served with basil whipped ricotta, crudites and pita bread

Chicken Larb

Citrusy, spiced ground chicken with cucumbers, pickled radish, and herbs served with coconut rice

Seafood

Slow Roasted Salmon and Warm Farro Salad

Salmon slow-roasted in lemon and thyme served with a warm farro salad made with sauteed asparagus, goat cheese, walnuts and a citrusy herb vinaigrette

Bang Bang Shrimp

Creamy, tangy, spicy roasted shrimp paired with mango slaw and coconut rice

Miso Curry with Salmon

Sauteed Salmon and spinach bathed in savory, sweet coconut miso curry served with jasmine rice or zucchini noodles

Pork + Beef

Crispy Pork Carnitas

Crispy Pork Carnitas served with creamy Mexican corn salad and tortillas (or GF tortillas)

Deconstructed Greek Dolmas

Israeli couscous with ground beef, grape leaves, lemon and fresh herbs served with grilled eggplant and garlic yogurt dip

Italian Meatballs

Made with a mix of ground beef and pork, breadcrumbs, parsley, and italian cheeses served with homemade marinara and spaghetti or spaghetti squash

Vegetarian

Chilled Asparagus Soup with Toasted Pine Nuts + Mint

Creamy asparagus soup topped with toasted pine nuts, fresh mint, and chili oil and paired with homemade croutons

White Mushroom Lasagna

Sauteed mushrooms and lasagna noodles layered in a creamy bechamel sauce and served with a salad using seasonal vegetables

Spinach + Feta Frittata and Smoky Eggplant dip

Savory spinach, mushroom and feta frittata served with smoky, creamy eggplant dip and pita bread or crudites