



Sample Menu

Poultry

Sesame Chicken Meatball Lo Mein

*Handmade chicken meatballs in a savory teriyaki sauce with thick noodles
Served with steamed Chinese vegetables*

Chicken Broccoli Alfredo Stuffed Shells

*Large shell pasta stuffed with broccoli, alfredo sauce, and shredded chicken
Served with classic bruschetta*

Turkey Dirty Rice

*A light variation on the classic creole dish
Brown rice x garlic x peppers x onion x seasoned ground turkey
Served with spicy broccoli florets and sweet potato cornbread with honey butter*

Lemon Garlic Roasted Chicken

*A classic cast-iron skillet roast chicken basted in lemon and garlic marinade
Served with carrot parsnip puree*

Beef

Chile Colorado Burrito

*Shredded braised beef wrapped in a large tortilla with cheese and refried beans
Served with homemade corn tortilla chips & fire roasted salsa*

Korean Bulgogi and Rice

*Peppery, gingery, slightly sweet beef with sticky white rice
Served with Spicy Korean Carrots*

Skillet Shepherd's Pie

*Minced beef, carrots, peas, onions, and celery combined in a rich gravy
Topped with parmesan mashed potatoes and baked in cast iron
Served with seasonal vegetables & Irish soda bread*

Pork

Sweet & Spicy Chops

*Moist thick-cut pork chops seared with a brown sugar cayenne crust
Served with sweet potato puree and sautéed chiffonade of kale*

Cuban Mojo Marinated Pork

*Cilantro, garlic, orange juice, fresh mint
Served with cilantro lime rice and black beans*

Roasted Red Pepper Sausage Alfredo Pasta

*Spicy sausage and pasta tossed in a roasted red pepper goat cheese alfredo
Served with braised fennel and fried jalapeno polenta*

Seafood

Sweet Chili Glazed Salmon

*Farm-raised Atlantic salmon filet glazed with a spicy sweet chili sauce and broiled
Served with steamed lemon pepper zucchini and roasted cumin carrots*

Cilantro Lime Shrimp

*Rock shrimp soaked in cilantro citrus marinade and then pan seared
Served with black beans and white rice*

Baked Lemon Butter Tilapia

*Flaky and flavorful
Served with jasmine rice & brussels sprouts*

Crawfish Alfredo

*Plump chunks of spicy crawfish with a rich cream sauce and al dente pasta
Served with a sweet corn fritter*

Meatless

Kale Coconut Stir-Fry
Flavored with Sriracha and cilantro
Served with savory coconut rice

Thai Pineapple Fried Rice
Brown rice kicked up with peppers, fruit, and cashews
Served with spring rolls

Tex Mex Quinoa
Black beans, sweet peppers, poblanos, corn, and quinoa
Served with corn tortillas

Portabello Mushroom Cap stuffed w Caprese Risotto
Hearty Mediterranean flavors
Served with garlic parmesan squash

Greek Zucchini Boats
Stuffed with Feta and Kalamata olives and oven roasted
Served with colorful couscous medley

Eggplant Parmesan Lasagna
Filling eggplant layered with sweet marinara, fresh basil, and mozzarella cheese
Served with asparagus cashew rice pilaf

Soups

(served with fresh baked bread)

Ham & White Bean Cheese Tortellini
Lemon Chicken Orzo
Firehouse Sausage Chili
Butternut Squash & Turkey Chili
Rustic Tuscan Sausage and Spinach (whole wheat pasta)
Southern Chicken & Corn Chowder
Wild Rice & Mushroom – topped w parsley butter
Butternut Squash Apple
White Chicken Chili

Salads

House Salad

Mixed Greens, Tomato, Red Onion, Cucumber, Bell Pepper, Sunflower Seeds

Winter Rainbow Quinoa Salad

Red quinoa, pomegranate, apples, spinach

Blueberry Broccoli Spinach Salad

Avocado, dried cranberries, feta, poppy seed ranch dressing

Strawberry Cucumber Spinach Salad with Apple Cider Vinaigrette

Apple, cucumber, toasted walnuts

Thai Cashew Chopped Salad with Ginger Peanut Dressing

Red cabbage, sliced carrots, edamame

Kale and Carrot Salad with Toasted Almonds and Citrus Garlic Vinaigrette

Tangerine, golden raisins, blood orange

Desserts

S'mores Bars

Graham crust layered with gooey marshmallow and creamy chocolate

Cast Iron Skillet Fruit Crisp (Apple or Berry)

The ideal balance of fruit to crisp. Enjoy warm with some vanilla ice cream!

Chocolate Silk Tart

Satiny smooth dark chocolate ganache in an Oreo crust

Key Lime Pie Bars

Coconut crust with a lime cream cheese base and Chantilly cream topping

Mini Cheesecakes

Cream cheese miniatures topped with salted caramel

XL Brownies

Extra thick and extra rich. Packed with chocolate flavor and chocolate chips.