

## Breakfast

**Blueberry Overnight Oats (GF,DF)** - *almond milk, blueberries, maple, chia, flax, organic oats*

**Lemon Blueberry Muffins (GF, DF)** - *contains egg, nj blueberries*

**VEGAN Avocado Breakfast Pudding (GF, DF)** - *organic avocado, banana, honey, rice milk. superfood!*

**Broccoli Cheddar Frittata (GF** - *eggs, almond milk, onion*

**VEGAN Double Chocolate Beet and Apple Muffins (GF, DF)** - *contains almond flour*

## Lunches

**New Year Salad with Honey Balsamic Dressing** - *organic mixed greens, apples, strawberry, shaved brussel sprouts, sunflower seeds*

**\*\*NEW\*\* Chicken or Vegan Apple Spring Roll with Peanut Lime Sauce (GF, DF)** *mixed greens, carrot, cucumber, apple*

**VEGAN Roasted Vegetable Bisque (GF, DF)** - *broccoli, carrots, potato, celery, rosemary, onion*

**Curried Chicken Salad with Red Grapes and Roasted Pistachio (GF,DF)** - *house made curry mayo*

## Dinners

**VEGAN Herb Falafel, Cumin Lime Rice, Lemon Maple Tahini, Broccoli (GF,DF)** -

**Blackened Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)**

**Crunchy Cornflake Chicken, Roasted Potatoes, Local Honey, Broccoli (GF,DF)** -

**Roasted Turkey Breast, Sweet Potato Mash, Garlic Green Beans, Gravy (GF,DF)** -

**Grass Fed "not your kids" Sloppy Joe, Mashed Potatoes, Carrots and Zucchini (GF, DF)**

**Blueberry Glazed Boneless Grilled Pork Chop, Rice Pilaf, Brussel Sprouts (GF, DF)** - *sweet and sour blueberry sauce pairs perfectly with this pasture raised pork*

**Boneless Lemon Garlic Chicken Thighs, Rice Pilaf, Carrots and Zucchini (GF, DF)** -