

EAT & RUN – YOU EAT WELL, WE PREPARE AND RUN!

SALAD PICK 2

KALE SALAD | Chiffonade & tossed with dried cranberries, red onion, extra virgin olive oil, toasted walnuts and shaved pecorino

MIXED GREEN SALAD WITH APPLE | Rocket Arugula, with cucumbers, carrots, Italian parsley, slice apples, beets and goat cheese tossed with Bragg's cider vinaigrette

WEDGE SALAD WITH ICEBERG & ROMAINE | with crumbled stilton, cherry tomatoes, chopped fresh bacon bits, cucumbers, scallions and blue cheese dressing

PICK 2 VEGGIE DISHES

CORN ON THE COB | Local corn slow cooked in milk and butter

BEANS AND SHROOMS | Grilled Portabello's slice and tossed fresh String beans in garlic

ASPARAGUS WITH SHAVED PARM | Oven roasted Asparagus topped with shaved parmesan

OVEN ROASTED TOMATO & SPINACH | slow roasted plum tomatoes served with garlic and sautéed baby fresh spinach

BUTTERMILK HORSE RADISH MASH | Yukon gold mashed potatoes with scallions

ENTRÉE PICK 2

CLASSIC MAC & CHEESE | Rotini pasta in a cheese bechamel topped with panko crust and baked

CHICKEN PAYARD | Chicken breast pounded thin, marinated in fresh herbs, garlic and olive oil grilled and served with lemon scented arugula and fresh tomatoes

GRILLED MARINATED SKIRT STEAK | marinated with maple, soy, balsamic and bone sucking bbq sauce Crispy outside rare to med rare inside. Served sliced on a platter

MISO CRUSTED ORGANIC SALMON | served with fresh sautéed spinach

DESSERT PICK 1

LAVA CAKE WITH VANILLA ICE CREAM

OREO CHEESECAKE | Classic holy Moses cheesecake

STRAWBERRY SHORTCAKES | Local East End Strawberries with short cakes, fresh cream and mint

WARM VIETNAMESE CINNAMON CIDER DONUTS WITH VANILLA ICE CREAM

APPLE CINNAMON CRANBERRY STREUDEL | freshly made before dinner

BLUEBERRY CRUMBLE | Blueberry Crumble pie with fresh whip cream