



Friday August 10, 2018

Gluten Free Meal

Beef Stuffed Zucchini

(rice, beef, tomato, onion, garlic, olive oil, salt & pepper)

Chickpeas w/ Onions & Peppers

(garlic, olive oil, salt & pepper)

Sauteed Carrots w/ Dill

(olive oil, salt & pepper)

Mustard Dill Trout

(mustard, dill, olive oil, salt & pepper)

\$12.95/pound

Hot Entree

Swordfish w/ Sundried Tomato & Capers

Toasted Orzo

Sauteed Brussel Sprouts w/ Shallots & Cracked Pepper

\$12.95/pound

Hot Sandwich

Black Bean Burger

\$6.95/each

Cold Options

Turkey Club Roll-up \$4.95/half

Soups

Lentil

Cream of Spinach

Spicy Shrimp & Corn Chowder

New England Clam Chowder

Chicken Avgolemono (Greek Lemon Chicken)

