



SPECIALS FOR THE WEEK OF JULY 21ST THROUGH JULY 27TH

SOUPS

Chilled Nectarine and Yogurt \$5.50
Broccoli \$5.50 pint
Gazpacho \$5.50 pint
Chicken Noodle \$5.50 pint
English Pea \$5.50 pint
All Natural Turkey Chili \$13 lb

BREAKFAST

Chicken Quesadilla \$5.25 each
Stratta \$3.95 each
Quiche of the Day \$5.25 slice
Breakfast Burrito \$3.95 each
Egg White Omelette \$3.95

ENTREES

**Red snapper with grapefruit, orange, honey jalapeno vinaigrette \$35 lb
Poached salmon with cucumber scales and mustard dill sauce \$32.50 lb
Roasted sea scallops with mango salsa \$32 lb
Aux Délices crab cakes with roasted red pepper sauce \$5.50 each
Pan seared cod with puttanesca sauce \$35 lb
Buttermilk fried chicken \$13.95 lb
Grilled all natural chicken breast with fig and balsamic reduction \$9.95 each
Chicken cacciatore stew \$16 lb
Ginger, soy and lime marinated flank steak with cilantro pesto \$22 lb
**Roasted filet mignon with horseradish crème fraîche \$42 lb
Barbequed split chicken breasts \$13.95 lb
All natural barbequed turkey burgers with grilled red onion & tomato \$13.95 lb
Portobello and spinach lasagna \$12.95 lb
Tuscan meatloaf with wild mushroom tomato sauce \$12.95 lb
Zucchini torta \$12.95 lb
Sesame crusted falafels with tahini yogurt sauce \$4.75 each

SIDES

Grilled asparagus \$18 lb
Succotash of corn, edamame, red peppers and asparagus \$13 lb
Sweet potato purée with lime and honey \$10.95
Grilled Provencal vegetables \$12.95 lb
Parmesan roasted cauliflower \$12.95 lb
Roasted plum tomatoes with Chèvre and pesto \$16 lb
Whipped Potatoes \$8.95
Sautéed spinach with garlic, lemon and pine nuts \$12 lb
Thyme roasted organic carrots & new potatoes \$16 lb
Creamed spinach \$12.95 lb
Sweet corn and thyme pudding \$9.95 lb
Steamed broccoli with spicy Asian garlic sauce \$12.95 lb

GRAINS AND SALADS

Italian tuna salad \$10.95 lb
Blue cheese coleslaw \$12.50 lb
Creamer potato salad with dill, red onion and celery, Buttermilk mayo dressing \$9.95 lb
Green bean, chick pea and cherry tomato salad with dill, feta and champagne mustard vinaigrette \$15 lb
Cucumber salad with yogurt, currants and toasted walnuts \$12.95 lb
Vine ripened tomato salad with mango, basil, red onion and white balsamic vinaigrette \$15 lb
Baby arugula salad with mango, almonds and dried cranberries, raspberry vinaigrette \$15 lb
Aux Délices orzo salad with apricots and pistachios, ginger oil \$10.95 lb
Guacamole salad with avocado, red onion, jalapeno, black beans and yellow peppers, lime vinaigrette \$12.50 lb
** Aux Delices flank steak salad with thickly grilled onions, peppers, arugula, Hoisin soy dressing \$18 lb
Farfalle pasta with charred corn, English peas, grape tomatoes and asparagus, basil oil and fresh herbs \$10.95 lb
Roasted curry chicken salad with cilantro and currants \$15 lb
**Roasted Salmon salad with summer vegetables, citrus vinaigrette \$18 lb
Summer fruit salad with mint and lavender syrup \$9.95 lb





PACKAGED SALADS

Baby Arugula with Cranberries & Almonds \$7.95	Cobb Salad \$8.75
Mesclun Greens with Goat Cheese, Dried Cranberries and Almonds \$7.95	Greek Salad \$6.75
Arugula Salad with Fennel, Citrus, Walnuts, Red Wine Tarragon Vinaigrette \$7.95	Chef Salad \$8.75
*Asian Chicken Salad \$6.50	Caesar Salad \$6.50
Peach, Almond and Raspberry Salad \$6.95	Chicken Salad over Greens \$6.75
	Tuna Salad over Greens \$6.75

NOT JUST FOR KIDS

Chicken Tenders \$13 per lb	Chicken Pot Pie \$9.95 each
Baked Ziti \$8.50 lb	Turkey Tetrazini \$10 lb
Macaroni & Cheese \$7.25 lb	Vegetarian Chili \$6.50 pint

Tea Breads

Pumpkin
**Sour cream cinnamon
Lemon poppy
Chocolate vanilla marble

INDIVIDUAL DESSERTS

Peach crème Brûlée \$4.50
Rustic fruit tartelette \$4.95
Summer lattice peach nectarine pie \$5.95
3" strawberry tartelette \$3.95
Blueberry fig oatmeal crumb cobbler \$3.95

WHOLE DESSERTS

Rustic fruit tart \$21.95
Pan of tr s leche cake \$13.95
Tiramisu \$29.95
Summer lattice peach and nectarine pie \$ 21.95
Double crusted apple and fresh cherry pie \$21.95
Home style chocolate cake
6" \$27.50 8" \$32.50
6" stacked strawberry shortcake \$30
** 6" lemon cr me fraiche cake \$14.50
9" Pineapple, coconut and rum cake \$22.95

**** Contains nuts**

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