

### Specials for the weeks of March 2 - March 22

### Soups

Chicken Noodle Soup: \$5.95 Chicken Tortilla: \$5.95 Creole Gumbo: \$6.95 with shrimp, andouille, crab Cleansing Turmeric soup (vegan): \$5.95 Mediterranean White Bean (vegan): \$5.95

#### **Sides**

Whipped Potatoes (vegetarian): \$8.95

AD Veggie Burger (vegetarian): \$4.95

Asian Melange (vegan): \$15.95 with peppers, mushrooms, cabbage, broccoli, snowpeas, carrots

Organic Carrot Puree (vegetarian): \$11.95

Roasted Creamer Potatoes (vegan): \$12.95 with garlic and rosemary

Steamed Asparagus (vegan): \$17.95 with lemon zest

Haricots Verts (vegan): \$15.95 with cherry tomatoes

Grilled Japanese Eggplant and Portobello Mushroom (vegan): \$12.95

Creamed Spinach (vegetarian): \$11.95



## Specials for the weeks of March 2 - March 22

### **Entrees**

Turkey Chili: \$13.95

Grilled Shrimp Skewers: \$5.95 with basil pesto

Maine Crab Cakes: \$7.95 red pepper aioli

All Natural Chicken Breast: \$11.95 Apricot harissa glaze

Tikka Roasted Salmon: \$29.95

Poached Salmon : \$29.95 honey mustard dill

Grilled Salmon: \$29.95 mango salsa

Eggplant Milanese (vegetarian): \$12.95 arugula, red onion and tomato salad

Panko Crusted All Natural Chicken Tenders: \$14.95

BBQ Turkey Burgers: \$7.95



## Specials for the weeks of March 2 - March 22

### Salads

Egg Salad (vegetarian): \$9.95

Quinoa salad (vegan): \$12.95 butternut squash, kale, dried cranberries, lemon vinaigrette

White Meat Green Goddess Chicken Salad: \$13.95

Cucumber salad (vegetarian): \$12.95 yogurt dill

Low Mercury "American" Tuna Salad: \$14.95

Roasted beets (vegan): \$10.95 mandarin orange, sherry vinaigrette

Classic Shrimp salad : \$18.95

Seasonal Fruit Salad (vegan): \$9.95 mint and lavender syrup

Orzo Salad (vegan): \$11.95 dried apricots, pistachios and ginger oil

Kale Salad (vegan): \$14.95 shaved fennel, toasted almonds and lemon vinaigrette

Glorias chicken salad: \$13.95

Shaved Brussels Sprouts Salad (vegetarian): \$12.95 apples, Parmesan and lemon vinaigrette

Chick pea salad with roquefort, cucumber, celery, tomato, red onion, sherry vinaigrette (vegan): \$10.95

Italian Tuna Salad: \$23.95 olive oil, capers and lemon zest

Flank Steak Salad: \$18.95 romaine, black beans, chickpeas ,sunflower seeds, queso fresco, chipotle vinaigrette



## **Coffee Cakes**

Lemon Poppy: \$8.95 Banana Chocolate chip: \$8.95

# Individual

Apple Crostada: \$4.95 Banana Cream Parfait: \$4.95 Tahini & chocolate Mousse parfait: \$4.95 sesame seeds Vanilla Bean Rice Pudding : \$3.95 Chocolate Caramel Brownie Parfait: \$4.95 3" passion raspberry tartlets: \$4.95 Classic Eclair: \$4.95

# Whole Dessert

6" Chocolate Home Style Cake: \$31.95 French Apple Tart: \$17.95 Large Rustic: \$23.95 6" strawberry shortcake: \$29.95 8" Homestyle (weekends only): \$44.95