

SAMPLE MENU

Soups

Portuguese Kale Soup

a bowl full of antioxidants—vegetables slow cooked with kale and organic chicken sausage in subtly spiced organic chicken stock.

Inkey's Chicken Soup

tender pieces of organic chicken breast simmered with carrots, celery, tomatoes and fennel in seasoned organic chicken stock and served over buttered acini di pepe.

Thai Chicken Soup

coconut and lemongrass broth, with shredded chicken, red bell pepper and mushrooms, and topped with chopped cilantro

Bison and Three-Bean Chili

traditional chili updated for today's lifestyle. made with a special blend of spices, ground bison and black, white, and red beans.

Olympic Clam Chowder

a lightened version of the classic, enriched with celery, carrots, red bell peppers and red skinned potatoes.

Vegetarian Lentil Soup

thick, savory lentil soup

Salads

Mediterranean Edamame and Quinoa Salad

edamame and quinoa combined with classic Mediterranean flavors—olives, capers, tomatoes and a lemony vinaigrette

Deconstructed Guacamole Salad

all of the ingredients in guacamole—avocado, tomato, red onion, lime, cilantro, and some red peppers—in a chunky cumin-spiced salad.

Beet & Pistachio Salad

roasted red and yellow beets tossed with fresh mint, pistachios and an orange-olive oil vinaigrette.

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Chopped Greek Salad

grape tomatoes, English cucumber, red peppers, red onions, kalamata olives and feta cheese tossed in a lemony oregano dressing.

Caprese Salad

cherry tomatoes tossed with bocconcini, fresh basil, and a drizzle of the best balsamic vinegar and olive oil.

Green Salad with Buttermilk Dressing

a simple salad of tender Bibb lettuce, radishes and green onions, tossed in a tangy buttermilk dressing.

Cranberry-Almond Salad with Blood Orange Vinaigrette

a sweet, tangy and crunchy field green salad

Northwest Salad

salad of chilled asparagus, fresh Washington apples, Pt. Reyes blue cheese and toasted walnuts.

Lisa's Cole Slaw

a mayo-free version of classic cole slaw, brightened with an apple cider vinaigrette

Southwest Cole Slaw

Southwestern-style cole slaw with thinly sliced red and green cabbage, red peppers and carrots, tossed with a cilantro vinaigrette

Small Plates

Hummus, Tabouli & Flatbread

Creamy house-made hummus served with a fresh parsley tabouli salad, feta cheese and freshly baked flatbread.

Grilled Vegetable Antipasti

Grilled eggplant, red peppers, zucchini and red onion, drizzled with extra-virgin olive oil and aged balsamic vinegar and served with fresh ricotta and grilled peasant bread.

Bruschetta with Choice of Toppings

Grilled peasant bread, drizzled with extra virgin olive oil and topped with a choice of toppings: ceci (chickpeas), tomato and basil, sautéed artichokes, black olive tapenade with goat cheese, and other seasonal toppings.

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Mussels and Sausage

Tender mussels sautéed with spicy Italian sausage and served in a light tomato-wine broth. Served with a grilled peasant bread spread with roasted garlic.

Asparagus and Prosciutto

Crisp-tender asparagus spears wrapped with prosciutto and grilled until crispy.

Moroccan Meatballs

Savory lamb meatballs simmered in a spicy-sweet tomato sauce, and served with grilled peasant bread.

Cheese Plate

3 one ounce servings of assorted cheeses, served with fruit, nuts and sliced bread. Sample cheeses include Manchego, St. Andre, Pt. Reyes Blue, Mt. Townshend Seastack Cheese, Cypress Grove Purple Haze and others.

Side Dishes

Roasted Brussels Sprouts

brussels sprouts roasted with olive oil, sea salt and mustard seed

Roasted Asparagus

asparagus roasted until crisp-tender and topped with sea salt and lemon zest

Braised Greens

kale simply braised with wine and garlic

Roasted Parsnips and Carrots

caramelized parsnips and carrots, topped with herb butter

Sugared Carrots

carrots glazed with butter, honey and orange zest

Smashed Rutabagas and Carrots

Scottish classic, smashed rutabagas and carrots with a tiny bit of butter and cream

Cauliflower Puree

a creamy and lower-calorie potato alternative. cauliflower pureed with fresh oregano and a touch of cream cheese.

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Roasted Cauliflower

cauliflower takes on a new personality when roasted at high heat until caramelized and then tossed with fresh herbs

Buttered New Potatoes

the classic side dish of steamed new potatoes tossed with butter and fresh herbs

Bourbon-Pecan Sweet Potatoes

baked sweet potatoes mashed with bourbon and cream, topped with brown sugar and pecans and baked until golden and bubbly

Northwest Macaroni and Cheese

whole wheat pasta tossed in a creamy sauce made with Beecher's cheese and baked until golden

Garlic Mashed Potatoes

the classic potato dish, kicked up with roasted garlic

Orange-Kissed Cabbage

savoy cabbage sautéed with orange zest

Roasted Pumpkin Fig Puree

puree of roasted pumpkin and figs, lightly sweetened with maple syrup.

Sesame Spinach

spinach sautéed with hot chili oil and tamari and tossed with toasted sesame seeds

Roasted Vegetables

roasted potatoes, carrots, onions and fennel

Roasted Potato Wedges with Homemade Ketchup

thick wedges of russet potatoes roasted with olive oil and rosemary and served with a homemade chipotle ketchup

Corn Pudding

classic Southern corn pudding.

Caribbean Black Beans & Rice

a new take on the quintessential Caribbean dish of seasoned black beans with brown & wild rice

Twice Baked Potatoes

the steak house classic, rich with Neuske's bacon and Beecher's Flagship cheese

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Zach's Spicy Yellow Split Peas

non-traditional take on yellow split peas, prepared southwestern style with onions, peppers, tomatoes and spices

Corn Bread

the classic southern version – savory and not sweet

Fish and Shellfish

Halibut Tacos with Cumin-Lime Slaw and Chipotle Crema

tender pieces of halibut seasoned with chipotle and ancho chili powders, wrapped in a corn tortilla and topped with sweet and spicy cumin-, lime- and cilantro-spiced cabbage and a chipotle crema

The Perfect Crab Cake

fresh lump crab meat lightly combined with Panko bread crumbs and baked in the oven until golden brown and crispy, topped with aioli

Grilled Ahi Tuna

marinated ahi tuna grilled medium-rare

Pan Seared Wild Salmon

crispy wild salmon marinated with lemon zest and sea salt

Panko-Encrusted Sea Bass

crispy sea bass coated with whole wheat panko bread crumbs

Vegetarian

Whole Wheat Pasta with Caponata Sauce

whole wheat penne pasta tossed with an herb infused sauce of roasted garlic, eggplant, peppers, tomatoes, olives and capers

Enlightened Pasta Carbonara

the classic reinvented, whole wheat spaghetti tossed with a leeks, eggs, parmesan cheese, spinach and peas

Udon Noodles with Spicy Peanut Sauce

udon noodles tossed with red peppers, broccoli and scallions in a spicy peanut sauce

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Garden Frittata

a classic frittata layered with squash, zucchini and fresh herbs. topped with goat cheese and a drizzle of basil oil.

Poultry

Roasted Herb Chicken

a whole organic chicken roasted with lemons, onions and fresh herbs

Oven Fried Chicken

organic chicken breasts dredged in Panko bread crumbs and baked in a hot oven until crispy.

Chicken Piccata

the classic chicken dish with lemon and capers

Creamy Chicken and Pea Pasta

penne pasta tossed with shredded chicken, peas, artichokes and spinach and fresh herbs in a light, creamy sauce

Sage Rubbed Turkey Breast

perfectly roasted turkey breast rubbed with sage butter

Turkey Burgers with Mango Salsa

Caribbean-spiced ground turkey breast burgers topped with a jalapeno-mango salsa

Beef, Pork and Lamb

Eggplant Bolognese

a riff on a lasagna, without the noodles. grilled eggplant layered with a classic Bolognese sauce and fresh mozzarella and parmesan cheese

Sicilian Meatballs with Whole Wheat Spaghetti

an Arose family recipe for spicy meatballs made from grass-fed beef, simmered in sauce and served over whole wheat spaghetti

Beef Bourguignon

an updated French classic, organic beef simmered with wine and vegetables

Beef Tenderloin with Red Wine Sauce

pan seared grass-fed beef tenderloin served with a silky red wine sauce

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Hanger Steak with Parsley Walnut Pesto

the butcher's favorite cut – tender and juicy, served rare to medium-rare and drizzled with a tangy parsley pesto

Pork Tenderloin with Northwest Port Cherry Sauce

naturally raised pork tenderloin sauced with a port wine-northwest tart cherry reduction

Grilled Pork Chops

grilled bone-in naturally-raised pork chops

Pork Tacos

shredded pork tenderloin wrapped in a soft corn tortilla and served with homemade salsa

Pulled Pork

a Kentucky classic, sweet, spicy and bourbon infused pulled pork barbeque

Grilled Lamb Chops with Apricot-Cherry Chutney

marinated and grilled lamb chops served with a ginger-infused apricot cherry chutney and roasted red potatoes

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Dessert

A rotating assortment of homemade cakes, pies, cookies and ice cream.....

Lemon Olive Oil Cake, with sweetened Crème Fraiche
Fresh Coconut Layer Cake
Aunt Nina's Jam Cake with Caramel Frosting
Christina's Apple Pie
Dave's Strawberry-Rhubarb Pie
Chocolate and Peanut Butter Oatmeal Bars
Homemade Rice Krispy Treats, dipped in Dark Chocolate
Pecan-Chocolate Squares
Double-Dark Chocolate Chip Cookies
Molasses Cookies
Homemade Ice Creams