Classic - Always Available

*Sauces are also available by the quart - Pomodoro, Bolognese, Gorgonzola Cream, Rosa Sauce

Meatballs Pomodoro

Penne pasta, house pomodoro sauce, parmesan cheese, herb grilled bistro vegetables

Mezzi Rigatoni Bolognese

House made rich meat sauce, roasted green beans, shaved parmesan cheese

Chicken Capricciosa

Baby arugula salad, red onion, lemon oil, parmesan cheese, steamed broccoli

Pennsylvania Mushrooms & Gorgonzola

Mezzi rigatoni pasta, gorgonzola alfredo sauce, roasted garlic, parmesan cheese

Angel Hair alla Rosa Sauce

House tomato cream sauce, pesto grilled shrimp, prosciutto, white wine-garlic braised spinach

Premium - Always Available

\$21

\$13

Jumbo Lump Crab Cakes

Cajun sweet & sour slaw, pommery mustard, grilled asparagus, fresh lemon

Herb Roasted Beef Tenderloin

Italian roasted potatoes, pancetta demiglace, white wine-garlic braised spinach, asiago cheese

Braised Short Rib

Tomato risotto, roast broccoli, red wine demi-glace



CYCLE 3



Turkey Chorizo Bowl

Brown rice, seasoned black beans, queso fresco, cilantro slaw, pickled jalapenos, and carrots

Ground Bison Bowl

Brown rice, seasoned black beans, queso fresco, cilantro slaw, pickled jalapenos, and carrots

Grilled Caprese Chicken

Fresh mozzarella, heirloom tomato, bistro vegetables, italian roasted potatoes

Lemon-Oregano Flank Steak

Spinach rice, tzatziki sauce, pickled cucumber-tomato relish

Roasted Tofu & Brown Rice

Sesame soy reduction, kimchi, cilantro, rice wine cucumbers

State of Mind



Sesame Salmon Bowl

Brown rice, mixed greens, mandarin oranges, kimchi, carrots, wasabi peas, fresh lime, avocado-mango dressing

Curried Chicken Salad

Mixed greens, tomato-cucumber salad, chaat masala spiced granola

Mixed Vegetable Grill

Quinoa, black beans, mixed greens, assorted grilled garden vegetables, pickled red onions, tomatoes, corn nut crunch, spiced yogurt dressing