

Sample Weekly Menus

Chef-prepared. Seasonal. Composed with balance and intention.

Sample Menu I

Herb-Grilled Chicken — fingerling potatoes, seasonal vegetables, pan jus, parsley oil

Seared Atlantic Salmon — lemon rice, wilted greens, caper butter

Slow-Braised Beef — root vegetables, red wine jus, soft herbs

Roasted Free-Run Chicken — quinoa, cucumber, herbs, citrus vinaigrette

Rigatoni — tomato, garlic, olive oil, parmesan, basil

Sample Menu II

Lemon & Thyme Chicken — wild rice, green beans, pan jus

Pan-Seared Cod — crushed potatoes, beurre blanc, chives

Grilled Striploin — roasted carrots, pommes purée, jus

Roasted Turkey Breast — herbed couscous, dried fruit, toasted almonds

Roasted Vegetable Bowl — tahini, citrus, toasted seeds

Sample Menu III

Roasted Chicken Breast — sweet potato purée, charred broccoli, jus

Atlantic Salmon — quinoa, spinach, lemon oil

Braised Beef — rice, peppers, herb finish

Crispy Chicken Thigh — roasted potatoes, glazed carrots, mustard jus

Vegetable Stir-Fry — noodles, sesame, soy, scallion