

### Entrée Menu



Spatchcock Chicken with Brown Rice and Stewed Eggplant



**Parmesan Chicken:** Parmesan Chicken Breast with Balsamic Tomatoes **FIT** and Balsamic Roasted Eggplant **FIT**



**Ropa Vieja FIT:** Shredded Beef Simmered in a Tomato-Based Sauce with Sofrito, with Arroz Grandeado (Garlic, Chicken Broth Rice) and Roasted Carrots



**Jambalaya:** Chicken and Sausage Jambalaya with a Piece of Corn Bread



Bone-In Chicken with Apple and Delicata Squash with White Rice and Vegetable Medley

### Weekly Specials



**Italian Sausage and Peppers**



**Sweet and Spicy BBQ Burger:** Beef Patty with Carolina BBQ Sauce, Pepper Jack Cheese, Candied Red Onions, Lettuce on a Telera Roll



**Tex Mex Quinoa Salad-** Adobo Chicken, Roasted Peppers, Grape Tomato, Roasted Corn, Pickled Red Onions, Baby Kale and Cotija Cheese



**Blackened Chicken Melt-** Blackened Chicken with Fresh Mozzarella and Basil Pesto on Ciabatta



**Crispy Buffalo Chicken Wrap-** Blue Cheese Crumbles, Lettuce, Tomato, Ranch Dressing on a Flour Wrap



**Cuban Black Bean**

### Entrée Menu



**Harvest Ham:** Baked Ham Carved to Order with Au Gratin Potatoes and Steamed Cabbage



**Brisket:** Cider Marinated Brisket with Vegetarian Stuffed Cabbage in Sweet and Sour Sauce **FIT**, and Black-Eyed Peas **FIT**



**Comfort Lunch:** Spaghetti with Your Choice of Meat, Marinara or Alfredo Sauce, Steamed Broccoli and Garlic Bread



**Chicken and Risotto:** Grilled Lemon Herbed Chicken with Farro Mushroom Risotto **FIT**, and Roasted Lemon Parmesan Asparagus



Beef Stew **FIT** with Crispy Garlic French Bread

### Weekly Specials



**Sausage & Beer Braised Onions**



**Bratwurst:** Beer Bratwurst with Beer Braised Onions & a Beer Cheese Sauce on a Brioche



**Chili Citrus Jicama Slaw FIT-** Jimama, Oranges, Poblano, Jalapeno and Fresno Peppers, with a Sriracha Honey Dressing



**Sunny Grilled Chicken:** Grilled Chicken Breast **FIT** with Provolone Cheese, Lettuce, Tomato, Sun Dried Tomato Pesto on a Brioche



**Autumn Thinwich-** Roasted Butternut Squash, Balsamic Glazed Red Onions, Arugula on a Sandwich Thin **FIT**



**Creamy Roasted Butternut Squash Soup**

### Entrée Menu



**Classic Meatloaf:** Meatloaf with Gravy, Mashed Potatoes and Roasted Vegetables



**Ancho Chili Roast Chicken Breast FIT** with Roasted Fingerling Potatoes and Grilled Asparagus



**Harvest Pork Loin:** Apple Dijon Pork Loin with Apple Chutney **FIT**, Roasted Acorn Squash, Mushroom Relish and Caramelized Peel Onions **FIT**



**BYO Bowl:** Choose Your Base, Greens, Proteins, Toppings and Dressings for a Fun Combo



Roasted Turkey, Green Bean, Mushroom Casserole with Frizzled Onions and Sweet Potato

### Weekly Specials



**Mediterranean Grilled Pizza:** A Hummus Base with Mozzarella Cheese, Kalamata Olives, Chopped Kale, Roasted Red Peppers and Caramelized Onions



**Bratwurst:** Grilled Bratwurst with Sauerkraut and Grain Mustard



**Cuban Pineapple Salad FIT:** Pineapples, Watercress, Red onions and Avocados with Spices



**Herb Chicken Burger Patty, Worcestershire FIT:** Ground Chicken made into a Patty with Lettuce and Tomato on a Brioche Bun



**Fall Turkey Sandwich:** Grilled Turkey, Cheddar Cheese, with Apple Butter on Sourdough



**Beer Bacon, Cheddar Soup**



# DEFINING CULTURE & INFLUENCE

Spotlighting the rich flavors of Chile and Cuba, while exploring how these distinct cuisines and cooking techniques define culture, shape identity, and influence global culinary trends and how we connect through food.

Wednesday, September 17th


## On the Menu

Ropa Vieja

Shredded Beef simmered in a Tomato-Based Sauce with Sofrito, Arroz Grandeado (Garlic, Chicken Broth Rice) and Roasted Carrots







# Enjoy Oktoberfest

**Feast on some of Oktoberfest favorites  
the week of September 22<sup>nd</sup>**

**Napoli's- Sausage & Beer Braised Onion Pizza**

**Mad Char- Beer Braats with Beer Braised Onions and a Beer  
Cheese Sauce**

Food by FLIK