

Hummus

Chickpeas, tahini, garlic, olive oil, vegetable oil, salt, pepper, lemon juice.

Allergens: contains sesame.

Meatballs & Marinara

Meatballs: ground beef, ground pork, panko, parmesan, milk, eggs, garlic, onions, salt, black pepper, parsley.

Marinara: tomatoes, olive oil, rosemary, garlic, anchovies, red pepper flakes, red wine, salt, black pepper.

Allergens: contains gluten, dairy, pork, eggs, anchovy.

Gougère

Water, milk, butter, salt, ap flour, eggs, Mountina cheese, salt, pepper, parmesan

Allergens: contains gluten, dairy, eggs

Butternut Squash Soup

Butternut squash, carrots, onions, garlic, olive oil, vegetable stock, maple syrup, paprika, cumin, cayenne, ginger, apple cider vinegar.

Allergens: none

Carrot Ginger Soup

Carrots, onions, fresh ginger, oranges, oil, paprika, coriander, ground ginger, vegetable stock, coconut milk, salt.

Allergens: none

Hearty Beef Stew

Beef, onion, carrots, garlic, tomato paste, brewed coffee, red wine, bay leaves, thyme, chicken stock, peas, parsley.

Allergens: contains beef, soy.

Beet Puree Soup

Potatoes, beets, celery, onions, garlic, chicken stock, thyme, bay leaves, coconut milk, lemon juice

Allergens: none

Roasted Sweet Potato Soup

Sweet potatoes, carrots, onion, butter, vegetable oil, garlic, ginger, salt, rice vinegar, miso, coconut milk, vegetable broth

Allergens: dairy

Chicken Pot Pie

Chicken thighs, chicken stock, onions, carrots, celery, soy sauce, tomato paste, butter, flour, lemon juice, parsley, peas, puff pastry, eggs.

Allergens: contains gluten, dairy, eggs, soy.

Lasagna Bolognese

Wheat noodles, tomatoes, ground beef, ground pork, bacon, sausage, olive oil, butter, heavy cream, whole milk, onions, carrots, celery, garlic, white wine, red wine, chicken stock, anchovies, flour, salt, pepper, red pepper flakes, nutmeg, rosemary.

Allergens: contains gluten, dairy, eggs, pork.

Pastys

Flour, salt, butter, shortening, beef, potatoes, carrots, onions, fresh parsley, eggs

Allergens: contains dairy, egg, gluten.

Mediterranean Quiche

Cherry tomatoes, zucchini, feta, heavy cream, eggs, milk, salt, black pepper, pie shell.

Allergens: contains gluten, dairy, eggs

Quiche Lorraine

Bacon, onion, cheddar cheese, egg, heavy cream, milk, salt, black pepper, nutmeg, cayenne pepper, pie shell.

Allergens: contains pork, dairy, egg, gluten

Spinach & Mushroom Quiche

Spinach, mushrooms, onion, cheddar, eggs, milk, heavy cream, salt, pepper, nutmeg, cayenne pepper, pie shell.

Allergens: contains dairy, egg, gluten, mushrooms

Sausage & Cheese Strata

Olive oil, breakfast sausage (pork), onion, garlic, spinach, eggs, heavy cream, butter, brioche, sharp cheddar, green onion

Allergens: contains pork, eggs, dairy, gluten

Vegetarian Burrito

Eggs, heavy cream, garlic powder, onion powder, salt, pepper, sweet potatoes, black beans, baby kale, onions, sharp cheddar, flour tortilla

Allergens: contains gluten, dairy, eggs

Chorizo Burrito

Eggs, chorizo, sweet potatoes, red peppers, onions, cheddar cheese, black beans, flour tortillas.

Allergens: contains gluten, dairy, eggs

Apple, Cheddar & Walnut Scones

Walnuts, flour, baking powder, sea salt, dried mustard powder, butter, apples, sharp cheddar cheese, milk

Allergens: contains dairy, nuts, gluten