

Starters

**Frisée and Endive Salad with Warm Brussels Sprouts and Toasted Pecans**

Tossed in a Dijon-white wine dressing.

**Salad Bar**

A variety of fresh salad greens, condiments and dressings to create a salad of your own.

**Cream of Cauliflower Soup**

A puree of cauliflower, onion, garlic and celery spiced with curry and ginger and just a hint of lemon.

Entrées

**Whole Lake Trout Baked in Sea Salt**

Lake trout stuffed with thinly sliced lemon and leeks baked in sea salt and an aromatic blend of coriander and cumin seeds.

**Roast Chicken and Root Vegetables with Mustard-Rosemary Sauce**

Dijon and rosemary flavor free-range chicken roasted alongside carrots and turnips.

Sides

**Red Wine Braised Cabbage and Onions**

Red cabbage, sliced onions and gala apples braised in a tangy sauce of red wine, balsamic and red wine vinegar, black peppercorns and cloves.

**Roasted Mixed Peppers with Capers and Marjoram**

Roasted Anaheim chiles and capers give a kick to charred red and green bell peppers flavored with garlic and marjoram.

**Kabocha Squash Risotto with Sage and Pine Nuts**

Topped with shaved parmesan.

**Roasted Potatoes and Shallots**

Yukon Gold potatoes roasted to a creamy inside and crusty outside with sweet caramelized shallots.

Desserts

**Rum Raisin Apple Pie**

Raisins steeped in dark rum mingle with tart and sweet apples in this updated version of an American favorite.

**Spiced Fresh Orange and Honey Sorbet**

House made honey-sweetened sorbet flavored with orange, ginger, cardamom and cloves.

Beverages

Coffee, Tea, Milk, Italian Soda

Starters

**Golden Beet Salad with Almond Butter and Gorgonzola Bombolone**

Golden beets sit atop Marcona almonds and garlic blended to a creamy butter with a pinch of cayenne, dressed in a sherry vinaigrette dressing and a bombolone of gorgonzola.

**Salad Bar**

A variety of fresh salad greens, condiments and dressings to create a salad of your own.

**Fresh Corn Soup**

A light-textured soup topped with a roasted corn guacamole of red onion, avocado, jalapeno, lime and cilantro.

Entrées

**Flank Steak Salad with Chimichurri Dressing**

Generous slices of grilled flank steak tossed with mixed baby greens and dressed with a spicy blend of chipotle hot pepper sauce, garlic, parsley, oregano, white wine and olive oil.

**Lentil and Vegetable Stew with Rainbow Chard**

Celery root and rutabaga, carrot, onion and herbs de Provence with brown lentils make a hearty vegetarian stew.

Vegetable Side

**Sautéed Portabella and Cremini Mushrooms**

Sautéed with shallots and scallions in a sweet balsamic-soy reduction.

Dessert

**Banana Pudding**

A creamy concoction of bananas topped with a vanilla wafer and cinnamon crumble.

**Rustic Anjou Pear Tart**

Drizzled with a late-harvest Riesling syrup.

Assortment of artisan breads available.

Beverages

Coffee, Tea, Milk, Italian Soda

Forchetta

Wednesday Breakfast

Fruit

### Fruit Salad with Ginger Syrup

Raspberries, cantaloupe and nectarines tossed with a dash of mint in a sweet ginger syrup.

Cereal

### Hot Rice Cereal with Dried Mango and Toasted Coconut

A rich-tasting yet healthful rice pudding of milk, grated orange peel, dried mango and toasted coconut flakes.

### Assorted Dry Cereals

Choose from available popular brands

Entrées

### Fried Egg and Sausage Ciabatta Breakfast Pizza

Crumbled sweet Italian sausage and Monterey Jack cheese broiled on sliced ciabatta bread, topped with farm fresh fried egg and garnished with scallions.

Bread

### Classic Homemade Cranberry Muffins

Made the old fashioned way in small batches with dried cranberries and chopped walnuts.

### Assorted Toasts

Choose from white, wheat, rye sourdough or English muffin.

Beverages

Coffee, Tea, Milk, Fresh Squeezed Orange Juice, Passion Fruit Juice

## Starters

### Caprese Salad

Slices of ripe Roma tomatoes, fresh mozzarella cheese, avocado and basil layered together and topped with a light drizzling of lemon and caper vinaigrette.

### Salad Bar

A variety of fresh salad greens, condiments and dressings to create a salad of your own.

### Bacon and Caramelized Onion Chowder

A creamy and hearty soup packed with spoonfuls of sweet caramelized onion, smoky bacon and chunks of potato.

## Entrées

### Spiced Slow Cooked Lamb Shanks

Simmered in a sauce of tomatoes flavored with coriander, rosemary and oregano.

### Broiled Duck Breast with an Orange Chipotle Sauce

A plump duck breast broiled to a medium doneness and served topped with a sweet and spicy orange chipotle sauce.

## Sides

### Baked Eggplant with Fresh Oregano and a Balsamic Glaze

Layered slices of roasted eggplant, Manchego cheese and fresh oregano baked together and topped with a sweet and tangy balsamic vinegar glaze.

### Sautéed Kale and Walnuts

Kale sautéed in olive oil that has been infused with the nuttiness of the walnuts and garlic in the dish.

### Toasted Israeli Couscous with Pines and Parsley

Toasted Israeli couscous cooked with chicken broth and a hint of cinnamon and finished with fresh parsley and pine-nuts. Israeli Couscous has a larger size and chewier texture than traditional couscous.

### Rice Pilaf

Long-grain white rice lightly sautéed in butter, onions and garlic and cooked with vegetable broth.

## Desserts

### Chocolate Lava Cake

A rich semi-sweet chocolate cake filled with a warm and gooey chocolate sauce.

### Frozen Açaí Soufflé

The Açaí berries' sweet and tangy flavor plays well with the soufflé's ice-cream-crossed-with-a-mousse texture.

## Beverages

Coffee, Tea, Milk, Italian Soda

Starters

**Napa Cabbage and Carrot Slaw with Toasted Sesame Seeds**

Shredded Napa cabbage and carrots tossed in a spicy sesame dressing topped with toasted sesame seeds.

**Salad Bar**

A variety of fresh salad greens, condiments and dressings to create a salad of your own.

**Escarole, Bean and Sausage Soup**

Kielbasa sausage, escarole and cannellini beans make this soup the perfect balance of hearty and healthy.

Entrées

**Warm Brie Sandwich with a Cranberry Relish and Arugula**

Sliced Brie cheese, lightly broiled, topped with a fresh cranberry relish and fresh arugula leaves served sandwiched on a baguette halved length-wise.

**Stuffed Bell Peppers**

Ground turkey and quinoa, spinach, avocado, cheddar and yogurt fill fresh yellow and red bell peppers.

Vegetable Side

**Roasted Beets with Cumin and Mint**

Tossed in a lemon-cumin vinaigrette and fresh mint.

Desserts

**Lemon and Lime Cream Tart**

Creamy lemon and lime baked in a short crust sweet pastry shell.

**Amaretti Tiramisu**

Amaretti – crisp Italian macaroons – take the place of ladyfingers in this modern twist on the classic mascarpone, cream and espresso cake.

Assortment of artisan breads available.

Beverages

Coffee, Tea, Milk, Italian Soda

Forchetta

Thursday Breakfast

Fruit

### Grapefruit Brulée

A ruby red grapefruit half served with a thin layer of crispy caramel topped with coarse sea salt.

Cereal

### Hot Millet Cereal

A toasty hot cereal high in protein served with your choice of milk, brown sugar or fresh seasonal fruit.

### Assorted Dry Cereals

Choose from available popular brands

Entrée

### Crepes with a Crab and Truffle Oil Filling

Light thin crepes filled with a warm crab and truffle oil salad served topped with light béchamel.

Bread

### Jalapeño Cornbread with Jalapeño Jelly

Fresh jalapeno cornbread sliced thin and toasted, served with a side of jalapeno jelly.

### Assorted Toasts

Choose from white, wheat, rye sourdough or English muffin.

Beverages

Coffee, Tea, Milk, Watermelon Juice, Guava Juice

## Starters

### Grilled Tuna Salade Niçoise

A classic composed of crisp haricots verts, red potatoes, seared albacore tuna steaks on a bed of Boston lettuce and drizzled with a Dijon vinaigrette.

### Salad Bar

A variety of fresh salad greens, condiments and dressings to create a salad of your own.

### Minestrone Soup

Pasta shells, kidney beans, zucchini, celery, carrots and onions in a rich tomato broth.

## Entrées

### Grilled Tilapia Tacos

Sustainably-raised, chipotle-rubbed tilapia in corn tortillas served with a sweet-and-spicy cabbage slaw.

### Cilantro & Lime Black Bean Burger

A pan-fried black bean patty seasoned with garlic, lime, cilantro and Mexican spices served topped with fresh salsa on a wheat bun.

## Sides

### Artichokes with Cherry Tomatoes

Seasoned with thyme and basil.

### Lemon-Parsley Pasta

Linguine tossed in a light sauce of olive oil, lemon zest, parsley and pressed garlic.

### Baked Sweet Potato Fries

Seasoned with paprika, garlic and black pepper.

### Asparagus with Anchovy Butter

Crisp asparagus dressed with butter spiked with lemon, anchovy and parsley.

## Desserts

### Mango and Melon slices with Crème Fraîche

Juicy sweet mango and Persian melon mingle with crème fraîche made from organic cream.

### Coconut Crumb Cherry Pie

Old-fashioned oats and coconut flakes put a new spin on this tart favorite.

## Beverages

Coffee, Tea, Milk, Italian Soda

Starters

**Pasta Primavera Salad**

Served chilled with broccoli florets, diced bell peppers, Moroccan cured dried black olives, grape tomatoes and tri-color fusilli.

**Salad Bar**

A variety of fresh salad greens, condiments and dressings to create a salad of your own.

**Chickpea and Leek Soup**

So smooth and rich, you'd never know it doesn't contain cream! Garnished with fresh grated parmesan cheese.

Entrées

**Grilled Pastrami Panini**

Local Northern California pastrami and melted Emmental cheese grilled between our house-made foccacia bread.

**Spinach and Mushroom Ravioli in a Chive Butter Sauce**

Fresh pasta filled spinach, mushrooms and three different cheeses served in a nutty chive butter sauce topped with crispy shallot rings.

Vegetable Side

**Sauté of Fresh Fava Beans, Onions and Fennel**

Flavored with dill, savory and pancetta.

Desserts

**Blueberry Turtles**

These bittersweet chocolate and blueberry clusters will melt in your mouth.

**Watermelon Granita with Gingered Strawberries**

A light frozen puree of watermelon served over ginger and lemon infused strawberries.

Assortment of artisan breads available.

Beverages

Coffee, Tea, Milk, Italian Soda



Forchetta

Friday Breakfast

Fruit

### Lychee and Cantaloupe Salad

Dressed lightly in sweet white wine and shredded mint.

Cereal

### Maple Oatmeal

Rolled oats cooked in cream, drizzled with maple syrup and served with dried cherries.

### Assorted Dry Cereals

Choose from available popular brands.

Entrée

### Fluffy Corn and Goat Cheese Omelet

Garnished with fresh chives.

Bread

### Carrot-Flaxseed Muffins

A hearty and healthy muffin made with flax and wheat flour packed with carrots, walnuts and currents.

### Assorted Toasts

Choose from white, wheat, rye sourdough or English muffin.

Beverages

Coffee, Tea, Milk, Grapefruit Juice, Apple Juice