



Long Island Local *company*

January 7th 2019 !!!

Entrees

- Gorgonzola Pot Roast...w/ pan seared brussel sprouts & rstd. garlic mashed potato ... \$23
Fresh Turkey Meatballs stuffed in Oven Roasted Acorn Squash... w/ sausage, cranberries, sage & fresh parsley in a lemon white wine sauce, served w/ pan seared brussel sprouts ...\$22

Soups

All soups served with **big & cheesy** croutons for dipping

Turkey Veggie ...12oz \$11

French Onion with Gruyere Cheese Crisp ... 12oz \$11

Quiches, Tarts, Pot Pies & Anomalies

Loaded Pepperoni & Cheese Puff Pastry Pinwheels... 3 for \$7

Ham & Gruyere Quiche... 9 in. \$20

Sausage, Caramelized Sweet Onion, Bella Mushroom & 3 Cheese Tart (pie crust) ... 10 in. \$20

Chicken Cordon Bleu Puff Pastry "Pop Tarts" ... \$7 ea.

Breads, Muffins & Scones

Artisan Bread...crusty french bread type ... round loaf \$5

Sausage, Cheddar & Chive Bread ... \$8 loaf

Soft, Fluffy Rolls... 6 for \$5

Vermont White Cheddar, Chive & Ham Scones ... 6 for \$7

Jumbo Healthy Banana Chocolate Chip Oat Bran Muffins ... 3 for \$7

Blackberry Crostini w/ herb goat cheese... 2 large pieces \$7

Salads & Dressings

Read Me: Salads are big & have lots of good healthy things in them. Price Reflects: **quality** veggies, homemade croutons, fresh homemade dressing, eco-friendly bowls & delivery.

All salads served with **big & cheesy** croutons

"The Garden" ...boston bib, romaine & baby spinach w/ organic baby sprouts & microgreens, radishes, grated carrots, red cabbage, baby cukes, sunflower seeds, edamame & any other nice fresh stuff I can find ... *32 oz... \$13

The Kitchen Sink ... A Chopped Cobb Style Salad with gorgonzola, quinoa, bacon, rstd. turkey, avocado, hardboiled egg, red onions, radishes, red cabbage, carrots and lots of sprouts & micro-greens ... a bowl of **healthy goodness** ... *32oz bowl... \$15

Kale, Baby Spinach & **Ruby Red Grapefruit Salad** shaved romano cheese, grilled artichokes w/ **Namaste** vinaigrette... *32oz ...\$14

This week's Dressings...

Bleu Buffalo OR **Namaste**
lemon, parsley, artichokes, love, etc.
3 oz. free with salad... Or 8oz jar \$9

Fresh Tuna Salad, radish, tstd. pumpkin seeds (choice of above dressing)...\$11 pint

Jumbo Shrimp Cous Cous & Artichoke Salad ... \$13 pint

Bleu Buffalo Turkey BLT Chopped Salad ... \$9 pint

Desserts

Sea Salt Caramel Brownies... 3 for \$9

Green Apple Caramel Hand Pies...3 for \$9

Ask about larger Desserts, Cheesecakes, Pies, Birthday Cakes & Cupcakes

Please have orders in by **Monday** before 7pm

Delivery days are ... Wed, Thurs & Fri any time after 12

Items are always fresh, NEVER frozen, with fresh ingredients, made the **day of** delivery... we recommend that you eat the meals within 4 days..

We use 100% recycled paper & eco-friendly/ bio-degradable food packaging

Because good s are hard to find!