



FAMILY MEALS MENU

	Serving Size (oz)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fat (g)
Homemade Soups							
Broccoli Cheddar Soup	2	433	88	1766	23	21	29
Chicken Noodle Soup	2	227	74	899	18	19	8
Cream of Mushroom Soup	2	405	92	173	16	5	34
Italian Wedding Soup	2	240	29	1578	30	14	7
Tuscan Bean Soup	2	414	42	510	32	14	13
She Crab Soup	2	506	308	874	16	36	33
Fresh Salad Entrees							
Signature Salad	4	256	0	161	6	4	18
Chopped Asian Salad	4	414	55	225	39	22	18
Black Bean & Corn Salad	4	391	0	729	35	10	24
Classic Caesar Salad	4	344	3	451	21	6	8
Signature Selections							
Big Island Chicken	6	520	161	640	19	38	20
Mushroom, Asparagus & Leek Bread Pudding	6	687	274	792	44	39	31
Feta Mediterranean Pasta	6	497	33	513	50	18	22
Jerk Pork Tenderloin	7	337	126	389	5	41	15
Stuffed Fillet of Sole	6	474	127	831	4	41	32
Traditional Favorites							
Chimichurri Beef	6	627	137	125	3	46	15
Beef Brisket	7	825	165	904	21	42	62
Meatloaf	6	413	67	790	22	17	27
Chicken Piccata	6	421	120	347	16	41	21
Lasagna Rustica	7	647	173	2017	31	38	41

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Family Pasta Night

Marinara

Alfredo

Bolognese

Garlic & Olive Oil

Feta Mediterranean Sauce

Freshly Vegetarian

Ratatouille

Rice Noodle & Vegetable Stir Fry

Side Selections

Unconventional Side Salad

Caesar Side Salad

Grilled Seasonal Vegetables

Steamed Fresh Green Beans

Squash & Zucchini

Steamed Asparagus

Cauliflower au Gratin

Steamed Broccoli

Parsley Buttered Noodles

Garlic Mashed Potatoes

Roasted Rosemary Red Potatoes

Rice Pilaf

Macaroni & Cheese

Homemade Chip Medley

Garlic Knots

Serving Size (oz)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fat (g)
4	147	0	402	16	3	7
6	400	115	430	5	10	32
7	450	43	412	59	24	13
4	169	3	228	1	1	16
6	497	33	513	50	18	22
6	251	18	327	24	13	13
7	354	0	790	55	15	8
2	106	0	157	18	2	3
2	172	1	225	10	3	4
4	142	3	380	5	2	13
4	25	0	2	6	2	1
4	22	0	2	6	2	1
4	20	0	0	3	2	1
4	151	25	222	7	7	10
4	20	0	19	3	2	1
4	260	60	626	40	8	6
4	468	92	748	43	8	33
4	399	22	164	50	6	19
4	244	17	524	40	5	6
4	695	94	822	72	29	32
4	129	0	1150	23	1	3
2	65	1	191	6	1	4

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Kid Friendly Meals

Macaroni & Cheese

Chicken Tenders

Serving Size (oz)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fat (g)
4	695	94	822	72	29	32
6	821	163	782	35	45	55



FAMILY MEALS MENU

Seasonal Soups

Potato Leek Soup

Serving Size (oz)	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fat (g)
2	431	84	1300	30	9	31
2	528	95	1400	42	29	24

Guinness Beef Stew

Seasonal Entrees

Chicken Paprikash

2	541	149	736	16	43	32
2	735	140	388	31	46	39

Pork Marbella

Seasonal Dessert

Apple Cobbler

2	613	61	610	72	5	35
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FAMILY MEALS MENU

Family Meal Ingredients

Big Island Chicken	Chicken thighs, pineapple, brown sugar, chili sauce, raisins, sherry
Mushroom, Asparagus & Leek Bread Pudding	Assorted mushrooms, asparagus, leeks, eggs, butter, brioche bread, heavy cream
Feta Mediterranean Pasta	Feta cheese, rotini pasta, olives, artichokes, tomatoes, heavy cream
Jerk Pork Tenderloin	Pork tenderloin, olive oil, jerk seasonings
Stuffed Fillet Of Sole	Sole, crab meat, salmon, shrimp, breadcrumbs, bearnaise sauce
Chicken Picatta	Chicken breast, butter, capers, lemon, white wine, olive oil, flour OR corn starch for gluten-free
Lasagna Rustica	Pasta noodles, sausage, beef, ricotta cheese, mozzarella cheese, parmesan/Romano cheese, marinara sauce
Chimichurri Beef	Beef tenderloin, parsley, cilantro, olive oil, garlic, vinegar
Beef Brisket	Brisket of beef, olive oil, spices
Meatloaf	Beef, pork, eggs, breadcrumbs, onion, peppers, spices
Broccoli Cheddar	Broccoli, heavy cream, butter, mascarpone, cheddar cheese, vegetable base, sherry
Cream Of Mushroom	Assorted mushrooms, onion, chicken OR vegetable base for vegetarians, heavy cream, sherry
She Crab Soup	Crab meat, celery, onions, heavy cream, butter, spices, sherry
Italian Wedding Soup	Beef, orzo, spinach, carrots, chicken base, eggs, breadcrumbs, onion
Tuscan Bean Soup	Kidney beans, garbanzo beans, black beans, tomato, potato, carrots, celery, onion, vegetable base
Chicken Noodle Soup	Chicken breast, chicken thighs, egg noodles, chicken base, onion, celery, carrots, spices
Broccoli Tots	Broccoli, brown rice, cheddar cheese, mascarpone cheese, spices
Macaroni & Cheese	Pasta, cheddar cheese, mascarpone cheese, heavy cream
Ratatouille	Seasonal vegetables, tomato, spices
Rice Noodle And Vegetable Stir Fry	Rice noodles, seasonal vegetables, chili oil, sesame oil, hoisin and soy sauce

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