

# Sample Menu

## Soups:

Chinese Vegetable Soup  
Consommé du Jour

## Salads:

Green Goddess Kale Salad  
Essex Meadows Garden Salad

## Entrees:

**Honey Glazed Duck**  
Served with braised red cabbage and Israeli couscous

**Guinness Braised Chuck Cuts**  
Served with warm German potato salad

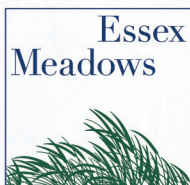
**Baked Cod with White Wine, Slivered Peppers and Mushrooms**  
Served with grilled asparagus and Israeli couscous

**Baja Fried Shrimp Tacos**  
Popcorn shrimp in a flour tortilla with shredded napa cabbage,  
carrots, red onion, feta cheese and a chipotle aioli

## Sides:

Grilled Asparagus  
Braised Red Cabbage  
Green Peas  
Baby Spinach  
Warm German Potato Salad

Israeli Couscous  
Brown Rice  
Baked Idaho Potato  
Baked Sweet Potato



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\*Many items can be cooked for you without added salt.  
Please ask your server if your selection can be prepared this way.



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