Appetizers

Hearty Vegetable Soup
Vegetable Crudité
Garden Salad Or Caesar Salad
Wheat Berry & Avocado Salad

Dinner Entrées

FEATURED ENTRÉES
Leek & Fennel Poached Halibut
Herb Butter Beans, Capers, Leek & Fennel
Tomato Broth
Roasted Beef Tenderloin
Horseradish & Rosemary Encrusted, Roasted
Shallots, Horseradish Cream
Vegan Stuffed Peppers
Quinoa, Artichokes, Edamame, Capers, Black
Olives, Vegan Cheese, Tomato Sauce

ALWAYS AVAILABLE
Vegetable Burger
House Made Black Bean Patty
Linguini & Meatballs
or Vegan Sausage
Herb-Roasted Chicken
Grilled Grass-Fed Beef Hamburger
Grilled Jumbo Hotdog
Roasted Salmon

Vegetables & Grains

Organic Delicata Squash
Mashed Potatoes
Baked Fingerling Yams
Boiled Red Beets
Sautéed Spinach and Kale

The Fitness Plate Selections

Offered by The Commons’ Fitness Committee as a guide for creating healthy, balanced meals.

Grilled Swordfish
Steamed Broccoli, Green Peas, Sweet Potato
Roasted Turkey Breast
Steamed Organic Rainbow Carrots, Steamed
Spinach, Pecan Farro

Desserts

FEATURED DESSERTS
Baked Caramel Apple Pie
Peach & Almond Cobbler
Boston Cream Bomb
Tiramisu

ALWAYS AVAILABLE
Chocolate Pudding
Cookies
Berry Bowl
Greek Yogurt