

Appetizers

Hearty Vegetable Soup
Vegetable Crudit 

Garden Salad Or Caesar Salad
Wheat Berry & Avocado Salad

Dinner Entr es

FEATURED ENTR ES

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
Saut ed 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

