



DINNER MENU

Week Of: June 19th – June 25th 2022

Nosh Online Dinner Order Link: <https://forms.gle/VGYWD9ETKihcaPv27>

Nosh Online Reservation Link: <https://book.easytablebooking.com/book/?id=346e4&lang=en>

Grain of the Week: Quinoa

Entrée Only = \$4.00 OFF

SUNDAY, JUNE 19th

STARTERS: Bean and Vegetable Chili Soup **Vg** ❤️ or Garden Salad **Vg** ❤️

PROTEIN #1: *Apricot Glazed Salmon \$27

Marinated, Seared Salmon, Glazed with an Apricot Sauce

PROTEIN #2: Crispy Chicken Medallions \$27

Chicken Breast, Deep Fried and Tossed with Choice of Sauce: Sweet Chili, Jack Daniels, or Plain

VEGAN OPTION: *Vegan Caprese Pizza \$20

Homemade Pizza Crust Topped with House Pesto, Ripe Tomatoes, Vegan Mozzarella Cheese and Fresh Basil

Daily Sides: Seasoned Potato Wedges **Vg** and Garden Mixed Vegetables (Peppers, Carrots & Broccoli) **Vg** ❤️

Dessert: Chocolate Brownie or Fruit Cup ❤️ Fruit of the Week ❤️

MONDAY, JUNE 20th

STARTERS: Chilled Asparagus Soup **Vg** or Garden Salad **Vg** ❤️

PROTEIN #1: * Honey Balsamic Chicken Thighs \$27

Grilled Bone in Chicken Thighs Marinated in a Sweet Balsamic Marinade

PROTEIN #2: Orange Marinated Tuna \$31

Grilled Tuna Steak, Marinated with Orange Juice, Soy, Fresh Ginger, and Scallion Served with a Lime Wedge

VEGAN OPTION: Grilled BBQ Tempeh “Rib” \$20

Tempeh Grilled and Basted with Sweet BBQ Sauce Garnished with Red Cabbage Slaw

Daily Sides: Corn on the Cobb and Rainbow Vegetables (Bell Peppers, Asparagus, Radishes and Grilled Onions) **Vg** ❤️

Dessert: Plum Linzer or Fruit Cup ❤️ Fruit of the Week ❤️

TUESDAY, JUNE 21st

STARTERS: Coconut Yam Soup **Vg** ❤️ or Garden Salad **Vg** ❤️

PROTEIN #1: Herb Roasted Turkey \$26

Herb Roasted Turkey with Traditional Bread Stuffing and Sage Gravy

PROTEIN #2: * Beef and Mushroom Roast \$26

Slow Cooked Beef Shoulder with a Wild Mushroom and Raisin Sauce

VEGAN OPTION: Vegan Cutlet \$20 **Vg** ❤️

Breaded and Baked Soy Base Cutlet Served with a Pesto Marinara

Daily Sides: Mashed Potatoes **Vg** and Baby Carrots with Pearl Onions **Vg**

Dessert: Macaroons or Fruit Cup ❤️ Fruit of the Week ❤️

V=Vegetarian Vg=Vegan ❤️ = Heart Healthy

Consuming raw or undercooked meat, fish, poultry, or eggs can increase your risk of a food borne illness.

Please notify your server in advance of any food allergies you may have.

* Denotes menu items that are unable to be sauce on side due to the cooking method.



DINNER MENU

Week Of: June 19th – June 25th 2022

WEDNESDAY, JUNE 22ND ***Deli Night***

STARTERS: Broccoli Soup **Vg** or Garden Salad with Marinated Artichokes **Vg** ❤️

ENTRÉE #1: Warm Pastrami Sandwich \$23

Deli Sliced Pastrami with Sauerkraut and Mustard with a Choice of Rye, Marble Bread or Kaiser Roll Served with Chips

ENTRÉE #2: Warm Corned Beef \$23

Sliced Corned Beef with Dill Pickle Relish, Russian Dressing and a Choice of Rye, Marble Bread or Kaiser Roll Served with Chips

VEGAN OPTION: Crispy Eggplant and Tofu Club \$20 **Vg**

Crispy Breaded Eggplant with Seasoned Tofu Slices and Roasted Red Pepper on Club White or Wheat with Rosemary Garlic Aioli and Arugula

Daily Sides: Pasta Salad **V** and Coleslaw

Dessert: Pistachio Baklava or Fruit Cup ❤️ Fruit of the Week ❤️

THURSDAY, JUNE 23RD ***Fish Night***

STARTERS: Lemon Orzo and Vegetable Soup **Vg** or Garden Salad **Vg** ❤️

PROTEIN #1: Seared Blue Cod \$22

Herb Marinated Blue Cod served with a White Wine and Apple Vinaigrette

PROTEIN #2: Seared Salmon \$27

Herb Marinated Seared Salmon Served with a Side of Pimento Relish

VEGAN OPTION: *Vegetable Quinoa Paella \$20 **Vg** ❤️

Sautéed Vegetables with Quinoa, Garden Peas, Cooked in a Turmeric and Paprika Broth

Daily Sides: Orzo Rice Pilaf and Vegetable Ratatouille (Zucchini, Squash, Onions, Red Bell Pepper and Diced Tomatoes) **Vg** ❤️

Dessert: Strawberry Rhubarb Pie or Fruit Cup ❤️ Fruit of the Week ❤️

FRIDAY, JUNE 24TH **Shabbat**

STARTERS: Chicken Matzo Ball Soup or Gefilte Fish

PROTEIN #1: *Braised Short Rib \$33

Slowly Cooked in a Rich Balsamic Demi, Finish with Assorted Olives and Herbed Roasted Tomatoes

PROTEIN #2: *Cod Puttanesca \$27 ❤️

Baked Fresh Cod Topped with Olives, Capers, Anchovies, Diced Tomatoes and Fresh Herbs

VEGAN OPTION: Maple Squash with Brussel Slaw **Vg** \$20

Roasted Butternut Squash Spears with Medley of Beans, Ginger and Scallions Finished with a Colorful Brussel Sprout and Pomegranate Slaw with a Drizzle of Syrup

Daily Sides: Mashed Sweet Potatoes **Vg** and Sautéed Haricot Verts **Vg**

Dessert: Warm Apple Strudel or Fruit Cup ❤️ Fruit of the Week ❤️

SATURDAY, JUNE 25TH

Nosh Closed

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