

Spirit of New York Lunch Menu

The Salads

ORGANIC MIXED FIELD GREENS

Grape Tomatoes | English Cucumbers | Carrots
Corn | Kidney Beans | American Cheddar Cheese
Herb Croutons | House-Made Ranch Dressing
Balsamic Vinaigrette | Low-Fat Italian Dressing

ORGANIC SPINACH & KALE SALAD

Aged Reggiano Parmesan Cheese | Red Bell Peppers
Red Onions | Lemon & Oregano Dressing

ROASTED RED BEET SALAD

Pickled Shallots | Fresh Mint | Italian Parsley

MEDITERRANEAN COUSCOUS & CHICKPEA SALAD

Scallions | Plum Tomatoes | Cumin & Paprika
Vinaigrette

ORZO & BAY SHRIMP SALAD

Scallions | English Cucumbers | Cherry Tomatoes

The Entrées

OVEN BAKED NORTH ATLANTIC SOLE FILET

Tomato, Shallot & Caper Sauce

HONEY & SESAME CHICKEN

Scallions | Fresno Chilies

WHOLE-ROASTED PORK LOIN

Dijon Mustard Cream Sauce

BRAISED BEEF SHORT RIBS

Baby Carrots | Cabernet Sauvignon Sauce

ROASTED BROCCOLI FLORETS

Toasted Garlic | Chili Flakes

CREAMED CORN & CHEDDAR CHEESE CASSEROLE

Green Chilies | Scallions | Cilantro

BAKED ZITI PASTA

Aged Reggiano Parmesan Cheese
Mozzarella Cheese | Spinach & Garlic Sauce

MASHED POTATOES

Idaho Potatoes | Roasted Garlic

The Desserts

SEASONAL CUT FRUIT

CANNOLIS

CHOCOLATE DRIZZLE RICE KRISPY CHEESECAKE

CHOCOLATE CAKE

STRAWBERRIES & VANILLA

CUSTARD APPLE COBBLER