

Fox & Fell Monday Dinner 9/18/23

Soups

Black Bean & Corn Chili ~ Sm. \$1.50 Lg. \$2.50 GF VG

Onion, garlic, green pepper, black beans, tomato sauce, corn, chili powder, cumin, thyme, oregano, celery, carrots, bay leaves, parsley, vegetable base

3/4 CUP = 218 Calories 10.45g Protein 5.20g Fat .550g Sat Fat 331mg Sodium 36.27g Carb 10.5g Fiber

Seafood Bisque ~ Sm. \$1.50 Lg. \$2.50

Butter, onion, garlic, paprika, old bay tomato paste, sherry wine, shrimp, Chicken base, heavy cream.

3/4 CUP = 133 Calories 4.37g Protein 11.14g Fat 6.882g Sat Fat 596mg Sodium 3.08g Carb .3g Fiber

Salads

Salad Bar Sm. \$2.25 Lg. \$3.75

Romaine Salad w/Dressing ~ \$2.25 GF

Romaine lettuce, avocado lime dressing, feta, avocado, salt, pepper

½ cup = 285 Calories 13.05g Protein 20.05g Fat 7.15g Sat Fat 917mg Sodium 14.3g Carb 3.4g Fiber

Entrees

Italian Chicken over Angel Hair Pasta ~ \$4.95

Chicken breast, oil, mushrooms, garlic, tomatoes, pepper, oregano, chicken base, white wine, spinach, lemon juice, angel hair pasta

6 OZ = 401 Calories 33.59g Protein 15.73g Fat 2.67g Sat Fat 103mg Sodium 28.56g Carb 2.9g Fiber

White Bean & Kale Stew Over Brown Rice ~ \$4.40 VG GF

Brown rice, olive oil, onion, garlic, balsamic vinegar, kale, oregano, great northern beans, vegetable base

12 OZ = 304 Calories 17.58g Protein 2.92g Fat .417g Sat Fat 291mg Sodium 57.65g Carb 20.8g Fiber

Beer Battered Cod ~ \$4.25

Flour, oil, cod, cornstarch, salt, turmeric

4 OZ = 220 Calories 15g Protein 10g Fat 1.5g Sat Fat 500mg Sodium 17g Carb 0g Fiber

Sides

Potato Wedges ~ \$1.20 GF VG

1/2 CUP = 145 Calories 2.15g Protein 4.62g Fat .921g Sat Fat 110mg Sodium 23.76g Carb 1.8g Fiber

Swiss Chard w/Garlic ~ \$1.20

Swiss chard, olive oil, garlic, crushed red pepper, salt, red wine vinegar

1/2 CUP = 49 Calories 2.8g Protein 2.1g Fat .3g Sat Fat 376mg Sodium 6.56g Carb 2.4g Fiber

Curry Roasted Cauliflower ~ \$1.20 VG

Cauliflower, onion, oil, coriander, cumin, vinegar, curry, paprika, salt, pepper, cilantro

1/2 CUP = 41 Calories 1.48g Protein 2.7g Fat .376g Sat Fat 176mg Sodium 3.76g Carb 2g Fiber

Green Beans ~ \$1.20 GF VG

Green beans, butter, salt, pepper

1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.014g Sat Fat 95mg Sodium 5.28g Carb 2.5g Fiber

Dessert

Chilled Pears ~ \$1.00 GF VG

1/2 CUP = 60 Calories .41g Protein .08g Fat .004g Sat Fat 5mg Sodium 15.42g Carb 1.9g Fiber

Strawberry Cake ~ \$2.20

1 slice = 209 Calories 1.99g Protein 8.94g Fat 7.002g Sat Fat 159mg Sodium 28.01g Carb 2g Fiber

Fox & Fell Tuesday Dinner 9/19/23

Soups

Chicken Noodle Soup ~ Sm. \$1.50 Lg. \$2.50

Chicken stock, onion, celery, noodles, butter, flour, pepper, salt, chicken
3/4 CUP = 88 Calories 4.61g Protein 4.19g Fat 1.42g Sat Fat 123mg Sodium 7.6g Carb .4g Fiber

Egg Drop Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG

Vegetable stock, cornstarch, sherry wine, sugar, soy sauce, egg, scallions
3/4 CUP = 35 Calories 2.4g Protein 1.5g Fat 0.385g Sat Fat 144mg Sodium 2.83g Carb 0.2g Fiber

Salads

Cherry Applesauce Jell-O ~ \$2.25 GF

SQ2X3 = 114 Calories 1.52g Protein 0.09g Fat 0.01g Sat Fat 86mg Sodium 28g Carb 1.1g Fiber

Entrees

General Tso Chicken ~ \$4.95

Battered chicken, broccoli, onion, bell peppers, General Tso sauce
5 OZ = 165 Calories 28.37g Protein 3.4g Fat .918g Sat Fat 199mg Sodium 3.27g Carb .1g Fiber

Glazed Meatloaf ~ \$5.30

Ketchup, brown sugar, apple cider vinegar, oil, onion, garlic, egg, thyme, salt, pepper, mustard, Worcestershire sauce, tabasco, milk, crackers, parsley, ground beef
5 OZ = 324 Calories 25.64g Protein 18.18g Fat 6.538g Sat Fat 406mg Sodium 13.19g Carb .6g Fiber

Coconut Chickpea Stew over Brown Rice ~ \$4.40 VG GF

Ginger, garlic, onion, oil, turmeric, garbanzo beans, coconut milk, vegetable broth, salt, pepper
8oz = 177 Calories 33g Protein 5g Fat 3g Sat Fat 133mg Sodium 141Carb 25.1g Fiber

SIDES

Mashed Red Skin Potatoes ~ \$1.20 GF

Red potatoes, 2% milk, butter, salt
1/2 CUP = 138 Calories 3.08g Protein 4.28g Fat 1.896g Sat Fat 193mg Sodium 22g Carb 1.8g Fiber

Green Beans ~ \$1.20 GF VG (plain available)

Green Beans, butter, salt, pepper
1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

Sesame Bok Choy ~ \$1.20 GF VG (plain available)

Bok choy, sesame oil, sesame seeds
1/2 CUP = 39 Calories 2.04g Protein 2.83g Fat 0.398g Sat Fat 39mg Sodium 2g Carb 1.3g Fiber

Buttered Beets ~ \$1.20 GF VG

Beets, butter, pepper
1/2 CUP = 48 Calories 0.78g Protein 2.51g Fat 0.996g Sat Fat 190mg Sodium 6g Carb 1.5g Fiber

Egg Roll ~ \$1.20 VG

1 EACH = 180 Calories 6.8g Protein 7.65g Fat 2.551g Sat Fat 410mg Sodium 20g Carb 1.7g Fiber

Desserts

Watermelon ~\$1.60 GF VG

½ CUP = 47 Calories 0.96g Protein 0.24g Fat 0.025g Sat Fat 2mg Sodium 12g Carb 0.6g Fiber

Red Velvet Cheesecake ~ \$4.05

1 slice = 1580 Calories 14g Protein 116g Fat 62g Sat Fat 630mg Sodium 125g Carb 1g Fiber

Fox & Fell Wednesday Dinner 9/20/23

Soups

Butternut Squash Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG

Butternut squash, butter, onion, vegetable stock, nutmeg, salt, pepper
3/4 CUP = 88 Calories 1.95g Protein 3.28g Fat 1.163g Sat Fat 98mg Sodium 14.6g Carb 4g Fiber

Manhattan Clam Chowder ~ Sm. \$1.50 Lg. \$2.50 GF

Celery, onion, butter, carrots, green peppers, garlic, clams, potatoes, salt,
pepper, basil, oregano, Worcestershire
3/4 CUP = 71 Calories 5.95g Protein 2.99g Fat .566g Sat Fat 989mg Sodium 5.3g Carb 1.1g Fiber

Salads

Salad Bar Sm. \$2.25 Lg. \$3.75

Cranberry Spinach Salad ~ \$2.25 GF VG

Almonds, spinach, cranberries, sesame seeds, poppy seeds, sugar, onion, paprika, red wine
vinegar, apple cider vinegar, vegetable oil
1 CUP = 364 Calories 4.53g Protein 22.61g Fat 2.959g Sat Fat 40mg Sodium 41g Carb 4.2g Fiber

Entrees

Beef Sirloin Au Jus ~ \$5.30 GF

Beef sirloin, salt, pepper, sherry wine
4OZ = 180 Calories 21.01g Protein 9.84g Fat 3.876g Sat Fat 608mg Sodium .12g Carb .02g Fiber

Black Pepper Tofu ~ \$4.40 GF VG

Oil, eggplant, shiitake mushroom, soy sauce, molasses, rice wine vinegar, brown sugar,
pepper, cornstarch, tofu, shallots, garlic, ginger, green onion, crushed red pepper, sesame
seeds, brown rice
8 OZ = 347 Calories 21.9g Protein 16.58g Fat 2.467g Sat Fat 370mg Sodium 34.48g Carb 5.2g Fiber

Chicken Salad Stuffed Tomato w/Corn Muffin ~ \$4.95

Chicken, celery, salt, mayo, pepper, lemon juice, onion, tomato, iceberg lettuce
1 each = 268 Calories 23.24g Protein 16.24g Fat 3.204g Sat Fat 249mg Sodium 6.74g Carb 2.3g Fiber

Sides

Baked Potato ~ \$1.20 GF VG

1 each = 187 Calories 4.49g Protein 2.5g Fat .406g Sat Fat 18mg Sodium 37.97g Carb 3.9g Fiber

Seasoned Zucchini ~ \$1.20 GF VG

zucchini, butter, salt, pepper
1/2 cup = 55 Calories 1.64g Protein 4.51g Fat 1.87g Sat Fat 126mg Sodium 2.71g Carb .9g Fiber

Green Beans ~ \$1.20 GF VG

Green Beans, butter, salt, pepper
1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

Steamed Broccoli ~ \$1.20 GF VG

1/2 CUP = 32 Calories 2.16g Protein .37g Fat .072g Sat Fat 37mg Sodium 6.52g Carb 3g Fiber

Desserts

Fresh Blueberries ~ \$1.60 GF VG

1/2 CUP = 81 Calories 1.05g Protein 0.47g Fat 0.04g Sat Fat 1mg Sodium 21g Carb 3.4g Fiber

Chocolate Cake ~ \$2.20

Chocolate cake, butter, 2% milk, sugar, chocolate melted, vanilla flavoring
SQ2X3 = 274 Calories 2.07g Protein 12.66g Fat 5.014g Sat Fat 358mg Sodium 40g Carb 1.3g Fiber

Fox & Fell Thursday Dinner 9/21/23

Soups

Split Pea Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG

Split peas, onion, vegetable stock, carrots, pepper

3/4 CUP = 96 Calories 6.47g Protein .32g Fat .045g Sat Fat 9mg Sodium 17.5g Carb 7g Fiber

Cream Of Broccoli Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG

Onion, salt, pepper, 2% milk, broccoli, vegetable stock, cornstarch

3/4 CUP = 55 Calories 3.84g Protein 1.76g Fat 1.037g Sat Fat 164mg Sodium 6.78g Carb 1.1g Fiber

Salads

Salad Bar Sm. \$2.25 Lg. \$3.75

Macaroni Salad ~ \$2.25

Elbow pasta, salt, cheddar cheese, relish, celery, onion, pimentos, salt, pepper, mayo

1/2 CUP = 242 Calories 6.27g Protein 15.36g Fat 4.276g Sat Fat 431mg Sodium 19.81g Carb 1.3g Fiber

Entrees

Chicken Quesadilla ~ \$4.95

Chicken, Monterey jack cheese, onion, tomato, cilantro, lime juice, salt, pepper, butter, flour tortilla wrap

4 wedges = 425 Calories 24.04g Protein 19.04g Fat 9.025g Sat Fat 893mg Sodium 38.42g Carb 3.3g Fiber

Grilled Vegetable Hummus Wrap ~ \$4.95 VG

Zucchini, oil, red peppers, red onion, kale, gouda cheese, hummus, flour tortilla

1 each = 480 Calories 17.05g Protein 24.9g Fat 8.15g Sat Fat 916mg Sodium 48.90g Carb 6.8g Fiber

BBQ Short Ribs ~ \$5.30 GF

Beef Ribs, BBQ sauce

5 oz = 443 Calories 23.45g Protein 30.57g Fat 12.242g Sat Fat 485mg Sodium 16.64g Carb .4g Fiber

Sides

Spanish Rice ~ \$1.20 GF

Rice, onion, chicken stock, green pepper, celery, tomato, pepper, sugar, cumin

1/2 CUP = 96 Calories 2.58g Protein .44g Fat .078g Sat Fat 78mg Sodium 19.84g Carb 1.5g Fiber

Succotash ~ \$1.20 GF VG (plain available)

Succotash, butter, salt, pepper

1/2 CUP = 97 Calories 3.48g Protein 3.11g Fat 1.111g Sat Fat 131mg Sodium 16g Carb 3.3g Fiber

Green Beans ~ \$1.20 GF VG (plain available)

Green Beans, butter, salt, pepper

1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

Corn on the Cob ~ \$1.20 GF VG

1/2 each = 78 Calories 1.25g Protein 4.37g Fat 1.734g Sat Fat 336mg Sodium 9.47g Carb .9g Fiber

Desserts

Mixed Melons ~ \$1.60 GF VG

1 CUP = 59 Calories 1.19g Protein 0.29g Fat 0.05g Sat Fat 13mg Sodium 15g Carb 1.1g Fiber

Peach Pie ~ \$1.90

1 EACH = 241 Calories 2.05g Protein 10.77g Fat 1.625g Sat Fat 234mg Sodium 35.44g Carb .9g Fiber

Fox & Fell Friday Dinner 9/22/23

Soups

Cream Of Asparagus Soup~ Sm. \$1.50 Lg. \$2.50 GF VG

Butter, onion, salt, pepper, 2% milk, asparagus

3/4 CUP = 124 Calories 5.54g Protein 5.78g Fat 1.073g Sat Fat 558mg Sodium 13g Carb 0.7g Fiber

Italian Wedding Soup~ Sm. \$1.50 Lg. \$2.50

Escarole, ground beef, egg, breadcrumbs, parmesan cheese, basil, onion, chicken broth, orzo, carrots

3/4 CUP = 125 Calories 12.72g Protein 5.43g Fat 1.389g Sat Fat 121mg Sodium 6g Carb 0.8g Fiber

Salads

Salad Bar Sm. \$2.25 Lg. \$3.75

Waldorf Salad ~ \$2.25

Half & half, mayonnaise, apples, celery, salt, sugar, nuts

1/2 CUP = 201 Calories 1.97g Protein 15.27g Fat 2.366g Sat Fat 296mg Sodium 15g Carb 2.4g Fiber

Entrees

Lobster Stuffed Sole ~ \$5.30 GF

Lobster, shallots, garlic, tarragon, celery, mushrooms, butter, sole, beurre blanc sauce

4 OZ = 720 Calories 29.2g Protein 54.04g Fat 25.13g Sat Fat 1112mg Sodium 23.28g Carb 2.4g Fiber

Garlic Roasted Duck Breast ~ \$5.30 GF

Duck breast, paprika

5 OZ = 465 Calories 22.58g Protein 41.28g Fat 11.65g Sat Fat 476mg Sodium .10g Carb .1g Fiber

Vegetarian Enchilada ~ \$4.40 GF VG

Oil, corn tortilla, onion, garlic, pepper, vegetarian hamburger, enchilada sauce, cheddar cheese

3 each = 649 Calories 31.67g Protein 33.63 Fat 12.543g Sat Fat 1378mg Sodium 57.8g Carb 15.1g Fiber

Sides

Fingerling Potatoes ~ \$1.20 GF VG

Fingerling potatoes, oil, pepper

1/2 CUP = 127 Calories 1.73g Protein 5.8g Fat 0.908g Sat Fat 6mg Sodium 17g Carb 1.8g Fiber

Sauteed Spinach ~ \$1.20 GF VG

Spinach, oil, garlic, salt, pepper

1/2 CUP = 42 Calories 2.7g Protein 2.5g Fat .208g Sat Fat 132mg Sodium 3.71g Carb 2.2g Fiber

Lemon Carrots ~ \$1.20 GF

Chicken Stock, lemon juice, butter, lemon pepper seasoning, carrots

1/2 CUP = 63 Calories 1.16g Protein 1.23g Fat 0.42g Sat Fat 82mg Sodium 13g Carb 3.3g Fiber

Green Beans ~ \$1.20 GF VG

Green Beans, butter, salt, pepper

1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

Desserts

Melon Cubes ~ \$1.60 GF VG

1 CUP = 59 Calories 1.19g Protein 0.29g Fat 0.05g Sat Fat 13mg Sodium 15g Carb 1.1g Fiber

Lemon Meringue Pie ~ \$3.15

1 slice = 233 Calories 1.61g Protein 6.43g Fat 2.41g Sat Fat 217mg Sodium 43.4g Carb 0.8g Fiber

Fox & Fell Saturday Dinner 9/23/23

Soups

Beef Barley Mushroom Soup ~ Sm. \$1.50 Lg. \$2.50

Beef cubes, celery, onion, beef stock, pepper, bay leaves, mushrooms, barley, cornstarch
3/4 CUP = 42 Calories 2.99g Protein 1.67g Fat .524g Sat Fat 65mg Sodium 3.73g Carb .5g Fiber

French Onion Soup ~ Sm. \$1.50 Lg. \$2.50 VG GF

Onion, salt, pepper, Vegetable stock, parmesan cheese, cornstarch
3/4 CUP = 87 Calories 2.47g Protein 3.55g Fat 1.245g Sat Fat 184mg Sodium 11.47g Carb .8g Fiber

Salads

Marinated Mushrooms & Onions ~ \$2.25

Mushrooms, onions, lemon juice, Italian dressing
1/2 CUP = 42 Calories 1.35g Protein 1.98g Fat 0.275g Sat Fat 83mg Sodium 6g Carb 1.3g Fiber

Entrees

Bacon Wrapped Beef Tenderloin ~ \$5.30 GF

Beef tenderloin, salt, pepper, bacon, butter, beef base, sherry wine
5 OZ = 251 Calories 22.1g Protein 14.43g Fat 5.375g Sat Fat 112mg Sodium 2.85g Carb .2g Fiber

Vegetable Lasagna ~ \$4.40

Noodles, onion, green peppers, garlic, tomatoes, mushrooms, carrots, vegetable broth, basil, oregano, Italian seasoning, pepper, spinach, cottage cheese, mozzarella cheese
3X3 sq = 433 Calories 28.24g Protein 10.23g Fat 4.867g Sat Fat 849mg Sodium 58.24g Carb 6.7g Fiber

Mojo Shrimp ~ \$5.30 VG

Shrimp, garlic, orange juice, oil, lime juice, cumin, oregano, pepper
9 oz = 268 Calories 24.11g Protein 15.96g Fat 2.204g Sat Fat 571mg Sodium 3.6g Carb .2g Fiber

Sides

Baked Sweet Potato ~ \$1.20 GF VG

1 EACH = 54 Calories .97g Protein .10g Fat .022g Sat Fat 19mg Sodium 12.59g Carb 1.8g Fiber

Italian Cut Green Beans ~ \$1.20 GF VG (plain available)

Green Beans, butter, salt, pepper
1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

Spaghetti Squash ~ \$1.20 GF VG (plain available)

Spaghetti squash, salt, pepper, butter
1/2 CUP = 64 Calories 1.09g Protein 2.66g Fat 1.015g Sat Fat 169mg Sodium 11g Carb 2.3g Fiber

Steamed Asparagus ~ \$1.20 GF VG

1/2 CUP = 24 Calories 2.67g Protein 0.24g Fat 0.053g Sat Fat 16mg Sodium 5g Carb 2.2g Fiber

Desserts

Cantaloupe ~ \$1.60 GF VG

1/2 CUP = 48 Calories 1.18g Protein .27g Fat .067g Sat Fat 23mg Sodium 11.48g Carb 1.3g Fiber

Brown Sugar Coffee Cake ~ \$2.20

Yellow cake, brown sugar, cinnamon
SQ2X2 = 124 Calories .89g Protein .83g Fat .383g Sat Fat 175mg Sodium 28.66g Carb .3g Fiber

Fox & Fell Sunday Brunch 9/24/23

Soups

Cream of Tomato Soup ~ Sm. \$1.50 Lg. \$2.50 GF

Onion, butter, tomato juice, whole milk, salt pepper

3/4 CUP = 151 Calories 3.44g Protein 9.55g Fat 4.15g Sat Fat 392mg Sodium 13.30g Carb .7g Fiber

Curried Lentil, Parsnip & Apple Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG

Oil, curry paste, onion, parsnips, lentils, apples, vegetable broth, yogurt, coriander

3/4 CUP = 124 Calories 4.37g Protein 2.74g Fat .425g Sat Fat 141mg Sodium 22.42g Carb 5.7g Fiber

Salads

Caesar Salad ~ \$2.25

Romaine lettuce, croutons, parmesan, Caesar dressing

1 Cup = 211 Calories 3.80g Protein 19.4g Fat 3.9g Sat Fat 531mg Sodium 5.7g Carb 1.2g Fiber

Entrees

Garlic Crusted Rack of Lamb ~ \$5.30 GF

Olive oil, garlic, rosemary, salt, pepper, lamb rack

3 OZ = 459 Calories 25.11g Protein 38.41g Fat 14.237g Sat Fat 143mg Sodium 2g Carb 0.3g Fiber

Vegan Spaghetti Bolognese (Vegan) ~ \$4.40

Sugar, zucchini, Italian seasoning, Vegan Sausage, tomatoes, spaghetti sauce

1 plate = 372 Calories 27.29g Protein 6.04g Fat 1.188g Sat Fat 388mg Sodium 61.25g Carb 21.6g Fiber

Salmon w/Kale Pesto ~ \$5.30 GF (Plain available)

Kale, garlic, sunflower seeds, crushed red pepper, parmesan cheese, oil

1 EACH = 703 Calories 14.23g Protein 65g Fat 11.667g Sat Fat 462mg Sodium 22.8g Carb 6.6g Fiber

CONTAINS NUTS

1/2 CUP = 134 Calories 2.48g Protein 5.88g Fat 0.458g Sat Fat 414mg Sodium 19g Carb 2.6g Fiber

Sides

Green Beans ~ \$1.20 GF VG

Green Beans, butter, salt, pepper

1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

Mediterranean Orzo ~ \$1.20 VG

Orzo, butter, zucchini squash, eggplant, onions, green bell peppers, olive oil, tomatoes, parsley, bay leaves, thyme, salt, pepper, kalamata olives, lemon zest, lemon juice, feta

1 CUP = 205 Calories 7.21g Protein 5.71g Fat 2.675g Sat Fat 295mg Sodium 29g Carb 3.5g Fiber

Peas & Pearl Onions ~ \$1.20 GF VG

Green peas, salt, pearl onions, butter

1/2 CUP = 61 Calories 2.19g Protein 2.56g Fat 1.009g Sat Fat 91mg Sodium 7g Carb 1.9g Fiber

Crispy Brussels Sprouts ~ \$1.20 GF VG

Apple cider vinegar, sugar, brussels sprouts, salad oil, salt, pepper, Gastrique, hazelnuts

CONTAINS NUTS

1/2 CUP = 134 Calories 2.48g Protein 5.88g Fat 0.458g Sat Fat 414mg Sodium 19g Carb 2.6g Fiber

Desserts

Pineapple ~ \$1.60 GF VG

1/2 CUP = 73 Calories 0.51g Protein 0.1g Fat 0.007g Sat Fat 1mg Sodium 19g Carb 1g Fiber

Pineapple Upside Down Cake ~ \$2.20

Yellow cake, brown sugar, butter, pineapples, maraschino cherries,

SQ2X3 = 105 Calories 0.65g Protein 2.45g Fat 1.024g Sat Fat 131mg Sodium 20g Carb 0.4g Fiber

Fox & Fell Sunday Supper 9/24/23

Soups

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Onion, butter, tomato juice, whole milk, salt pepper

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Curried Lentil, Parsnip & Apple Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG

Oil, curry paste, onion, parsnips, lentils, apples, vegetable broth, yogurt, coriander

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Romaine lettuce, croutons, parmesan, Caesar dressing

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Entrees

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Olive oil, garlic, rosemary, salt, pepper, lamb rack

3 OZ = 459 Calories 25.11g Protein 38.41g Fat 14.237g Sat Fat 143mg Sodium 2g Carb 0.3g Fiber

Vegan Spaghetti Bolognese (Vegan) ~ \$4.40

Sugar, zucchini, Italian seasoning, Vegan Sausage, tomatoes, spaghetti sauce

1 plate = 372 Calories 27.29g Protein 6.04g Fat 1.188g Sat Fat 388mg Sodium 61.25g Carb 21.6g Fiber

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Kale, garlic, pumpkin seeds, crushed red pepper, parmesan cheese, oil, salmon

1 EACH = 703 Calories 14.23g Protein 65g Fat 11.667g Sat Fat 462mg Sodium 22.8g Carb 6.6g Fiber

Sides

Green Beans ~ \$1.20 GF VG (Plain available)

Green Beans, butter, salt, pepper

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Mediterranean Orzo ~ \$1.20 VG

Orzo, butter, zucchini squash, eggplant, onions, green bell peppers, olive oil, tomatoes, parsley, bay leaves, thyme, salt, pepper, kalamata olives, lemon zest, lemon juice, feta

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Desserts

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