

Harvest Spinach Salad with Fall Squash & Shredded Chicken

Harvest Spinach Salad with Fall Squash

Ingredients: Spinach, seasonal squash, sage, red onion, pumpkin seeds, pears, olive oil, sea salt, cider vinegar, cracked black pepper, [shredded chicken], red pepper flake, and pure maple syrup.

Cider braised pork shoulder, celery root and cauliflower smash & watercress

Roasted chicken, celery root and cauliflower smash & watercress

Ingredients: [Pork Shoulder or Chicken], celery root, cauliflower, cream, chicken stock, sea salt, cracked black pepper, onion, watercress, Dijon mustard, apple cider, apple cider vinegar, assorted fresh herbs, and olive oil.

Butternut Squash Soup with crème fraiche

Butternut Squash Soup with Shredded Chicken and crème fraiche

Butternut Squash Soup with crème fraiche and Harvest Salad combo

Ingredients: Soup: butternut squash, onion, nutmeg, chicken stock, butter, sea salt, crème fraiche, Salad Combo Add: spinach, seasonal squash, sage, red onion, pumpkin seeds, pears, olive oil, sea salt, cider vinegar, cracked black pepper, red pepper flake, and pure maple syrup.

Seared Salmon with Roasted Beets, Orange, Shaved Fennel and Goats cheese

Hanger Steak with Roasted Beets, Orange, Shaved Fennel and Goats cheese

Ingredients: [Salmon or Hanger Steak] [balsamic vinegar- for Hanger Steak only], beets, fennel, orange zest, orange segments, goats cheese, olive oil, cider vinegar, sea salt, cracked black pepper, and assorted fresh herbs.

Arugula and Pistachio Pesto with Whole Wheat Spaghetti and Shredded Pork Shoulder

Arugula and Pistachio Pesto with Whole Wheat Spaghetti and Shredded chicken

Ingredients: Arugula, [chicken/pork shoulder], pistachios, shallots, garlic, lemon, olive oil, whole-wheat spaghetti, sea salt, cracked black pepper and parmesan.