



Refectory All Day

Curbside pickup, To-go & Delivery
Monday – Sunday 10 a.m. – 6:30 p.m.

Family Style Take Out!

Vegetarian or Meat Quiche (serves 6-8) ^V **32**

Local, cage-free eggs in a delicate, house-made crust, delicious veggie & meat ingredients change weekly!

Signature Baked Oatmeal (serves 6-10) ^V **30**

Homemade Soups **4/8/16**

cup/bowl/quart

Signature Vegan Chili ^{GF, VN, NF, V} Potato Leek ^{GF, NF, V}

Creamy Tomato Basil ^{GF, NF, V} Butternut Squash ^{GF, DF, VN}

Spicy Chicken & Andouille Sausage Gumbo ^{NF}

Indian Dal ^{VN GF DF} **16**

Fragrantly spiced, slow-cooked lentil stew over brown rice served with naan, pita, or GF bread (+\$1)

Protein To-Go

Fried Chicken, Grilled Chicken, Beef burger **6**

Grilled Salmon, Blackened Salmon, Crab Cake **8**

Signature Favorites (serves 8-10)

freezes beautifully!

Beef Lasagna **60**

Homemade marinara, ricotta, mozzarella, parmesan

KETO Beef Lasagna **75**

Homemade marinara, ricotta, mozzarella, parmesan

Macaroni & Cheese **40**

Aged cheddar, mozzarella, parmesan

Chicken DiVan **60**

Chicken, broccoli and cheddar with yellow curry over rice

Tex-Mex Shrimp & Corn **60**

Sautéed shrimp, corn and black bean casserole over rice

NF – Nut Free VN – Vegan GF – Gluten Friendly DF – Dairy Free V – Vegetarian

+ Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.

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