

WEEKLY DINNER SPECIALS

Soup of the week: Won Ton Noodle Soup: Fresh house made chicken stock loaded with won ton noodles, seasoned pork meatballs and bok choy.

Available Tuesday-Saturday

Salad of the week: Mixed Berry Salad: Fresh Springer Mountain Farm's chicken breast, fresh salmon, or tofu marinated and grilled. Served over mixed greens, with fresh strawberries, blueberries, raspberries, English cucumber, feta cheese, toasted almonds, and a fresh blueberry vinaigrette.

Available Tuesday-Saturday

Monday: **BBQ Chicken Breast:** Fresh split chicken breast with homemade BBQ sauce served with baked potato, and grilled asparagus. Roasted cauliflower may be substituted for potato.

Salisbury Steak: Fresh Southern Natural beef patty in a rich brown pan sauce with mushrooms. Served over mashed potatoes with seasoned peas. Parmesan Roasted Cauliflower may be substituted for potatoes.

Tuesday: **Jerk Chicken, Shrimp, or Tofu with Coconut Rice and Pineapple Salsa-** Fresh Springer Mountain Farm's chicken breast marinated in house-made jerk seasoning served over creamy coconut rice with fresh pineapple salsa.

Eggplant Parmesan: Lightly breaded eggplant with marinara and mozzarella cheese served over spaghetti.

Chicken Parmesan: Lightly breaded fresh Ashley Farm's chicken breast topped with marinara and mozzarella cheese served over spaghetti.

Wednesday: **Beef Bourguignon:** Fresh Southern Natural beef tips braised in a red wine, rosemary, and mushroom sauce. Served over creamy Shelton Farm's cheese grits.

Greek Grill Chicken Bowl: Marinated chicken with roasted zucchini, squash, and peppers. Served with seasoned ground beef almond rice, tzatiki, hummus, and tahini dressing

Thursday: **Gumbo-** Gulf shrimp and Andouille sausage simmered with okra, green peppers, celery and onion. Thickened with a dark roux and served over rice.

Pecan Crusted Pork Tenderloin: Fresh Southern Natural pork tenderloin encrusted with pecans and Benton's bacon. Served with whipped sweet potatoes and green vegetable.

Friday: **Chicken Piccata:** Sautéed fresh Springer Mountain Farm's chicken breast finished with a lemon caper sauce served over angel hair pasta.

Garlic Mushroom Steak Pasta: Fresh Southern Natural Tri-Tip Steak sautéed with baby portobella mushrooms in a creamy garlic sauce served over bucatini pasta and finished with sunflower sprouts.

*All dinner specials are prepared fresh daily. They are usually ready by 3:00p.m.. at the Rocky Hill location and at 5:00 p.m. at Choto. Please call or email to reserve as quantities are limited.