



ERIC OSTROW  
6000 INDIAN CREEK DRIVE  
MIAMI BEACH, FL 33109  
917-557-2813



## SALAD

Spinach Salad | Walnuts | Blue Cheese | Pear

Arugula Salad | Fennel | Apple | Walnuts  
Spicy Pumpkins | Cumin Vinaigrette

Southwest Kale Salad | Carrot Ginger Miso Dressing

Assorted Organic Field Greens | Citrus Vinaigrette

Southwestern Salad | Spicy Pepitas  
Cumin Vinaigrette <sup>Gf, V</sup>

Spinach Salad | Apples | Feta | Dried Cranberries

Walnut | Shaved Red Onion | Balsamic Vinaigrette <sup>Gf, V</sup>

Asian Noodle Salad | Shaved Vegetables | Peanut Sauce

Arugula Salad | Grilled Peach

Arugula | Fresh Herbs | Vinaigrette

Asian Red | White Cabbage Cole Slaw | Toasted  
Cashews | Herbs

Bowtie Pasta | Fresh Peas | Tomatoes  
Feta | Pine Nuts

Roasted Tomatoes Bow Te Pasta | Roasted Veggies

Homemade Fennel Turkey Sausage | Roma Tomatoes



## PROTEIN

Grilled Steak | Caramelized Onions  
Tomato & Garlic Confit

Blackened Steak | Tomatillo Salsa

Beef | Tropical Mango Salsa | Pickled Red Pepper

Korean Barbecued Beef

Sliced Beef with Romesco

Southwestern Chipotle Marinated Beef

Marinated Organic Grilled Chicken  
(Lemon & Dijon)

Citrus & Balsamic Glazed Chicken

Roasted Covina | Chimichurri

Mediterranean Zatar Chicken

Blackened Grilled Flat Iron Steak | Caramelized Onions

Miso Glazed Local White Fish

Blackened Fish | Roasted Tomatillo Salsa



## SAUCES

Mint & Pea Pesto

Basil Walnut Pesto

Cilantro Peptia Pesto

Creamy Miso Cashew Sauce | Spicy Tahini Miso Sauce

Charred Tomroo Sheery Vinaigrette | Smoked Paprika

Chipotle Tomato Vinaigrette

Carrot Miso Vinaigrette

## GRAINS

Red Rice Pilaf | Zucchini | Cranberry Almonds | Herbs

Farro Roasted Broccoli | Tomato | Smoked  
Paprika Vinaigrette

Wild Rice Pilaf

Wilted Kale | Farro Salad | Radish Feta | Pecans

Brown Rice | Quinoa | Toasted Almonds | Herbs

Israeli Cous Cous | Snap Peas Tomatoes  
Pickled Anaheim Peppers & Peas



## VEGGIES

- Green Beans | Roasted Yellow Beets | Sliced Almonds
- Charred Corn | Crispy Bacon Cilantro | Fresh Lime
- Southwestern Grilled Corn Avocado | Black Bean Salad
- Spaghetti Squash | Raw Tomato Basil Sauce
- Braised Fennel | Spinach & Gigante Beans | Caramelized Onions Garlic | Fresh Lemon
- Roasted Winter Root Vegetables Crispy Sage
- Tri Color Mediterranean Carrots Tahini Yogurt Sauce | Pistachios
- Southwestern Roasted Sweet Potato Sautéed Kale | Cintaro Peptita | Fresh Lime
- Roasted Broccoli | Fingering Potatoes Whole Grain Mustard | Fresh Herbs
- Smoked Eggplant | Grilled Tomatoes Fresh Herbs
- Braised Pumpkin | Sautéed Kale | Lentils Marinated Grilled Asparagus
- Farro | Pickled Onions
- Horisha Grilled Summer Squash Feta | Pomegranates
- Fresh Grilled Asparagus Romesco
- Fresh Asparagus | Spicy Pepita Cilantro Pesto
- Summer Squash Succotash
- Charred Brussels Sprouts | Grilled Sheshido Peppers | Tahinii Miso Dressing | Pomegranates
- Charred Brussels Sprouts | Garlic Onion | Sherry Vinaigrette
- Charred Broccolini | Sweet Asian Chili Sauce | Sesame Seeds
- Grilled Autumn Vegetables Feta | Peptitas
- Jerusalem Artichoke | Roasted Sweet Potato | Zatar | Sautéed Greens
- Toasted Farrow Seasonal Vegetables
- Quinoa Vegetable Pilaf Scallions | Raisins



## SNACKS - SIDES

Roasted Crispy Chickpeas Hummus  
(Available In A Variety Of Flavors) Thai Curry

Deviled Eggs | Avocado Steamed Edamame  
Coarse Sea Salt Pita Chips

(Available In A Variety Of Flavors)  
Spicy Sweet Potato Chips

Classic Kettle Potato Chips

Homemade Tortilla Chips

Organic Guacamole

Spicy Black Bean Dip