

Menu

STARTERS

French Onion Soup

Swiss, Herb Crostini (V)

Artisan Rolls

Sweet Creamery Butter

MAIN COURSE OPTIONS

Farm Stand “Chop Chop” Salad

Greens | Romaine Hearts, Arcadian Greens, Baby Spinach

Toppings | Julienne Carrots, Diced Tomatoes, Shaved Red Onion, Sliced Cucumbers, Artichoke Hearts, Sweet Corn, Sunflower Seeds, Julienne Peppers, Olives, Candied Walnuts, Parmesan, Feta, Smoked Bacon, Eggs, Croutons

Dressings | Buttermilk Ranch and Creamy Caesar Dressings, Basil Lemon Vinaigrette, Champagne Chive Vinaigrette, Balsamic & Vinegar (GF, DF)

SIDE OPTIONS

Roasted Vegetables

Roasted Peppers, Cherry Tomatoes, Porcini Mushrooms, Zucchini, Yellow Squash (VE, GF, DF)

Oven Roasted Steakhouse

Asparagus (VE, GF, DF)

Russet Baked Potato Bar

Sautéed Mushrooms, Grilled Peppers, Sun Dried Tomato, Crispy Onions, Sour Cream, Smoked Bacon, Chives, Aged Cheddar, Soft Butter

Grilled Marinated Bone-In Pork Chop

Whole Grain Mustard (GF, DF)

Fire-Grilled Sliced NY Strip

Au Jus, Horseradish Cream (GF)

Pan-Roasted Atlantic Salmon Filet

Dill Cream (GF)

GF - Low Gluten*
DF - Dairy Free*
V - Vegetarian
VE - Vegan

**Made without gluten containing ingredients, but may contain minor amounts of gluten present in the kitchen or facilities. These foods are not for safe for people with celiac disease or gluten sensitivity.*

DID YOU KNOW?

A serving of a skin on potato has more potassium than a medium banana? Other notable nutrients to call out are a good source of Vitamin C and B6.

Food As Wellness

It's Time For A Fresh Starch!

There are more than 200 varieties of potatoes sold throughout the United States. Each of these varieties fit into one of seven potato type categories:

RUSSETS are ideal for light and fluffy mashed potatoes. Baked russets go well with a variety of toppings. Think outside the box and add cuisine flavors such as Latin, Indian, Mediterranean, or Italian to spice things up.

RED POTATOES stay firm throughout the cooking process because of their waxy texture. Reds are frequently used to make potato salad or add pizzazz to soups and stews but can also be served baked or mashed.

WHITE POTATOES hold their shape well after cooking. Their delicate, thin skins add just the right amount of texture without the need for peeling.

Grilling **YELLOW POTATOES** gives a crispy skin that enhances the dense flesh, creating a slightly sweet, caramelized flavor.

Most **BLUE/PURPLE POTATOES** have moist, firm flesh that retains its shape while adding vibrant color and luscious taste to salads. The purple color (anthocyanins) is preserved best by microwaving.

FINGERLING potatoes are best pan-fried but roasting enhances their robust flavor and showcases their nutty and buttery tastes.

PETITES quicker cooking time makes them a good choice for potato salads. Petites save on prep time because they can be prepared and served whole without slicing or chopping.

NUTRIENT OVERVIEW

*In combination with other lifestyle modifications

Potassium can be found in potato skin. Potassium helps relax blood vessels and may help manage blood pressure levels.*

Vitamin B6 plays important roles in carbohydrate and protein metabolism*

Carbohydrates are a key source of energy for muscles to help you fuel, perform and recover.*

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Potatoes.

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