

Lunch

Defano's

Starters

- Nana's Chicken Soup with Zucchini Noodles (HK)** \$5.00
Organic chicken, carrots, celery, lemon, parsley, and zucchini noodles
- Asparagus, Lemon and Sage Soup** \$5.00
This pureed soup is not thickened with a cream but with rice, allowing the fresh flavors to shine. The asparagus and the sage harmonize with the lemon
- Lentil and Quinoa Salad (HK)** \$7.00
Lentils, quinoa, garlic, red bell pepper, cucumber, kalamata olives, lemon zest, mint, and feta cheese
- Fruit Cup** \$5.00
A medley of diced fresh seasonal fruit

Entrées

Your entrée selection includes a small house salad or the soup of the day, and two accompaniments.

- Grilled Marinated Flank Steak with Corn Relish (HK)** \$16.00
Flank steak marinated in lime juice, garlic, and spices, grilled and sliced thin, served with avocado, corn, and sweet red pepper relish
- Cod Casino** \$16.00
Cod fillet dipped in Parmesan egg batter, sautéed, and finished with onion, sweet bell pepper, and bacon sauce
- Maryland Fried Chicken** \$16.00
Chicken dipped in buttermilk, flour, baking powder, and egg then deep-fried until crispy and golden brown

FROM THE CHEF'S TABLE

- Roast Pork Medallion** \$18.00
Medallion of center cut pork loin, wrapped with bacon and roasted, served with baked sweet potato rounds, asparagus, and spiced baked apple wedges
- Stuffed Shrimp** \$20.00
Jumbo shrimp with a crabmeat stuffing, finished with a roasted sweet red pepper hollandaise with an accompaniment of black jasmine rice and asparagus

Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness

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PIZZA AND FLATBREAD

Pesto Chicken Pizza	\$12.00
<i>House made pesto, open hearth oven roasted chicken, blistered tomatoes, buffalo mozzarella cheese and shaved Asiago cheese</i>	
Wild Mushroom	\$11.00
<i>Caramelized cremini, shiitake, and oyster mushrooms, fresh spinach, garden basil, bechamel sauce, and Asiago cheese on whole wheat flatbread</i>	
Margherita Pizza	\$11.00
<i>Fresh buffalo mozzarella, sliced heirloom tomatoes, garden basil, olive oil, and a sprinkle of oregano</i>	

Accompaniments

Whipped Potatoes with Gravy	\$4.00	Dill Baby Carrots	\$4.00
Baked Potato	\$4.00	Garlic Green Beans	\$4.00
Rice Milanese	\$4.00	Broccoli with Lemon Zest	\$4.00

Desserts

Chocolate Mousse Cake	\$6.00
<i>Double layer chocolate cake with a filling of chocolate mousse, iced with chocolate frosting</i>	
Sugar-Free Chocolate Mousse Cake	\$6.00
<i>Double layer chocolate cake filled with chocolate mousse, iced with a chocolate frosting, and yes it's too good to be sugar-free</i>	
Blueberry Cobbler	\$5.00
<i>This deep dish blueberry dessert is topped with a thick biscuit crust, sprinkled with sugar, and finished with a scoop of vanilla ice cream</i>	
Dutch Apple Pie	\$5.00
<i>Apple pie topped with crumb streusel</i>	
Ice Cream, Sugar-Free Ice Cream or Sorbet	\$4.00

Beverages

Coffee - Decaffeinated Coffee - Hot Tea - Iced Tea	\$2.65
Milk	\$2.50



(HK) A Healing Kitchens nourishing recipe for health and vitality

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