

taquitos

m | South of the Border w/ Bacon

quiche

w | Spinach, Tomato + Swiss **v**

individual meatloaves

th | Traditional "Cupcakes" w/ Mashed Potato "Frosting"

cupcakes of the week

tu | S'mores

muffins, scones, & breads

M | Peanut Butter Muffins w/ PB-Chocolate Streusel

Tu | Berry Blast Scones

W | Snickerdoodle Muffins

Th | Coconut-Chocolate Chip Cream Scones

F | Best Blueberry Muffins

S | Frosted Strawberry Sweet Rolls

[@] Lemon-Blueberry Sweet Breads

salads

M | Cyd's Caesar Pasta Salad **v**

M | Millet Salad w/ Green Beans, Tomatoes + Tarragon Vinaigrette **v · gf**

M | Roasted Carrot + Chick Peas w/ Feta + Walnuts **v · gf**

Tu | Crunchy Detox Salad **v · gf · lc · p**

Tu | Brussels Sprout Salad w/ Dijon Dressing **v · gf · lc · p**

W | Greek Veg Quinoa w/ Salmon + Red Wine Vinaigrette **gf · lc**

[@] Four Kinds of Fresh, In-House Made Chicken Salad **gf · lc**

Two Kinds of Fresh, In-House Made Tuna Salad **gf · lc**

Market Basket Vegetable Salad **v · gf · lc**

Green Beans w/ Roasted Squash, Onions + Pepitas **v · gf · lc**

Fresh-cut Seasonal Fruit **v · gf**

desserts

M | Chocolate Butterscotch Blondies

M | Crunchy Peanut Butter Bars

Tu | Orange Kissed Chocolate Brownies

Tu | Raspberry-White Chocolate-Almond Bars

W | Huge Raspberry Meringue Cookies **gf**

Th | Individual Cherry Pies

F | Peanut Butter Cup Flourless Cake Roll **gf**

[@] Frosted "Think Spring!" Cut-out Cookies

[@] Decorated 'Seashell' Rice Krispie Treats

[@] French Macarons: Ask us about this week's flavors!

main course

M | Bacon wrapped, Asparagus + Fontina Stuffed Chicken Breasts **gf · lc**

Tu | Grilled Vietnamese Pork Tenderloin Skewers **gf · lc**

W | Salmon Pasta w/ Poppy Seeds + Fresh Dill

Th | From-Scratch, Individual Chicken Pot Pies

F | Asparagus + Herb Cheese Stuffed Salmon **lc**

sides & light meals

M | Cyd's Potato Gratin **v**

M | Barnacle Billy's Spinach + Cheddar Pasta Bake **v**

Tu | Garlic Butter Asparagus Pasta **v**

Tu | Spinach Artichoke + Brie Crepes w/ Sweet Honey Sauce **v · lc**

W | Squash Stuffed Portobellos w/ Goat Cheese + Balsamic Glaze **v · gf**

W | Cyd's Macaroni + 4-Cheeses **v**

Th | Zucchini Pancakes w/ Homemade Lemon Mayo **v**

Th | Baked Southwestern Egg Rolls w/ Honey Mustard Dip **v**

F | Sliced Carrots w/ Mint + Honey **v · gf**

F | Lemon Roasted New Potatoes **v · gf · p**

[@] Twice Baked, Stuffed Potatoes **v**

Lemon-Herb Chicken Breasts **gf · lc**

Green Beans w/ Pepitas, Roasted Squash + Onions **v · gf · lc · p**

Cajun Meatloaf: available by the slice **lc**



Visit our Juice + Smoothie Bar
to drink your vegetables!



Ask us about our House
Favorites, or Create your Own!

Cyd's gourmet kitchen | cafe | catering

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