



# PHILADELPHIA MARATHON CARB LOADER MENU

FRIDAY & SATURDAY  
NOVEMBER 19 & 20TH

## 3 COURSE \$30

### STARTER CHOOSE 1:

**BUTTERNUT SQUASH SOUP**  
pumpkin seeds

### HONEYCRISP APPLE SALAD

mixed greens, blue cheese, candied almond  
poppy seed dressing

### ENTREE CHOOSE 1:

**SAUSAGE & PEPPER RIGATONI**  
marinara, spicy italian sausage, parmesan

### MUSHROOM CAMPANELLE

broccoli, mushroom, butternut squash  
parmesan cream

### GRAIN BOWL

farro, brown rice, lentil  
chickpea, cucumber, avocado  
broccoli, cherry tomato, mixed greens  
pepitas, green goddess dressing

### DESSERT CHOOSE 1:

**MANGO SORBET**

**CHOCOLATE BREAD PUDDING**



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