



FOR PICK
UP ON
SEPTEMBER
16

BUILD YOUR SALADS OWN

PICK YOUR PROTEIN 3OZ/6OZ PROTEIN

Extra Lean Meatloaf
Hamburger Steak
Herb Crusted Pork Tenderloin
Cajun Chicken
Classic Grilled Chicken
Smoked Chicken
Grilled Shrimp
Pan Seared Salmon

8.50/10

PICK 2 SIDES

Brown Rice
Wild Rice
Roasted Baby Potatoes
Roasted Sweet Potatoes
Asparagus
Broccoli
Brussels Sprouts
Green Beans
Mixed Veggies
Squash & Zucchini
Sautéed Mushrooms
Side Salad

Apple Pecan Salad

with or w/o chicken

mixed greens, dried cranberries, feta
cheese, pecans, apples

HALF/WHOLE

5/9

Burger Bowl

romaine, ground beef, red onion, pickle,
tomato

Chef Salad

mixed greens, ham, turkey, bacon,
tomato, cheese, egg

Fall Mixed Salad

with or w/o chicken

mixed greens, mandarin oranges, dried
cranberries, pecans, feta cheese

Smoked Chicken Cobb

mixed greens, smoked chicken, bacon,
tomato, cheese, egg

Strawberry Salad

with or w/o chicken

mixed greens, strawberries, toasted
almonds, feta cheese

Dressings: ranch, balsamic,
creamy jalapeno, poppy seed,
raspberry vinaigrette

ONE DISH MEALS

9.00

Chicken Stir Fry
Grown Up Hamburger Helper
Sheet Pan Chicken & Veggies

SNACKS

5.00

Charcuterie Snack Box
Fresh Fruit Plate

COLD

PLATES

8.50

Light Chicken Salad

on a bed of mixed greens with fruit and cheese



S A M P L E O R D E R

1. half smoked chicken cobb salad with creamy jalapeno dressing
2. whole meatloaf with wild rice and asparagus
3. stir fry
4. hamburger helper
5. light chicken salad

*If you do not specify size, you will be charged for a whole

*If you do not specify dressing, you will be given ranch

O R D E R I N G & P I C K U P

Orders must be received by NOON on Sundays.

Pick up is between 10am-6pm on Tuesdays.

You can pay upon pick up via cash, credit card, or Venmo.