



FOR PICK  
UP ON  
DECEMBER  
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

Chicken Vegetable Soup w/Side Salad

9.00

Egg Roll in a Bowl

Skinny Beef Enchiladas

## 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**

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1. half smoked chicken cobb salad with creamy jalapeno dressing
2. whole meatloaf with wild rice and asparagus
3. egg roll in a bowl
4. chicken and veggie soup with ranch
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**

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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.