

MEATS

sustenance + fresh

CHILI LIME CHICKEN

Grilled seasoned chicken breast in a chili lime marinade

CREAMY LEMON PARMESAN CHICKEN

CREAMY TUSCAN GARLIC CHICKEN

FRIED CHICKEN

GARLIC + BROWN SUGAR CHICKEN

HAWAIIAN CHICKEN

Grilled chicken marinated in teriyaki with pineapple, oranges and maraschino cherries

LEMON ROSEMARY CHICKEN

Marinated chicken breast, grilled and finished with lemon juice and fresh rosemary

MARINATED CHICKEN

Italian, seasoned and grilled. This dish is super tender and juicy

MONTEREY CHICKEN

Grilled, seasoned chicken breast with bacon and BBQ sauce



MEATS

sustenance + fresh

.....

ORANGE DIJON GRILLED CHICKEN BREAST

PROSCIUTTO + RED PEPPER CHICKEN BREAST

Chicken breasts stuffed with garlic,
sun dried tomatoes, prosciutto and basil

SUN DRIED TOMATO SPINACH + CHEESE STUFFED CHICKEN BREAST

SWEET + SPICY ITALIAN BBQ CHICKEN BREAST

TURKEY BBQ

Turkey chopped & seasoned

TURKEY BREAST

baked - grilled - fried

WHOLE GRILLED TURKEY

Icing rubbed and grilled 3-4 hours, a good
alternative to regular turkey

.....

