



MENU

December 19-26
SHOP CLOSED
December 24-26

PREORDER CUTOFF:
Friday at 5 am

FAMILY MEALS CUTOFF:
Weds at MIDNIGHT



<u>MEALS</u>		<u>Reg / Fam of 4</u>
Texas Turkey Chili Lean Turkey Taco Meat, Kidney & Black Beans, Bell Pepper, Onion, Tomatoes, & Spices Allergens: NA 400Cal/ 12F/ 38C/ 35P		10 / 36
Beef Pot Roast Au Jus Lean Pot Roast on a Bed of Garlic Mashed Potatoes, Topped with roasted Thyme Baby Carrots & Served Au Jus Allergens: Milk 470Cal/ 15F/ 30C/ 51P		13.25 / 46
Chicken & Smoked Gouda Mac-n-Cheese The Ultimate Comfort Meal! Our GF Smoked Gouda Macaroni & Cheese with & Steamed Broccoli Allergens: Milk 560Cal/ 20F/ 54C/ 40P		13 / 44

<u>CUSTOM MEALS- CHOOSE 1 FROM EACH CATEGORY HERE</u>	
Garlic Herb Shrimp Meal	13.25
Grilled Chicken Meal	12
Lean Turkey Taco Meal	11.25

<u>BULK PROTEINS & VEGGIES (1 LB COOKED)</u>	
Custom Garlic & Herb Shrimp	16.75
Diced Grilled Chicken	13.5
Lean Turkey Taco Meat	12.5

<u>SPECIALTY BULK</u>	
Garlic Thyme Baby Carrot (1 lb, Serves 4)	7.5
Gouda Mac-n-Cheese (1.5 lb, Serves 3-4)	15
Garlic Mashed Potatoes (1.5 lb, Serves 3-4)	9.5
Bulk Pot Roast	16.25

<u>BULK VEGGIE OPTIONS (1 LB COOKED)</u>	
Homestyle Green Beans	
Roasted Brussel Sprouts	
Garlic Broccoli	

<u>BREAKFAST ITEMS</u>	
Turkey Sausage & Cheddar Frittata	9.5
Paleo Pumpkin Coffee Cake (DF,GF)	4.25

<u>BULK CARB OPTIONS</u>	
Spanish Rice	
Cilantro Lime Brown Rice	
Rosemary Sweet Potatoes	

<u>EXTRAS</u>	
Chocolate Chip Energy Bites (7pk)	7.25

