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OUR NEW APP AND
PREORDER BY FRIDAY 5 AM
FOR PICKUP SUNDAY OR
MONDAY



DEC 17 -
DEC 23


Menu

EGG-CELLENT CHOICES



| | |
|---------------------------------|------|
| Roasted Red Pepper Frittata | 9.25 |
| Roasted Red Pepper Frittata- DF | 9.25 |
| Maple Bacon Protein Pancakes | 9.5 |
| Keto Biscuits & Gravy | 9.75 |


OTHER PUN STUFF



| | |
|-------------------------------|------|
| Sonoma Chicken Salad | 9.25 |
| Sonoma Chicken Salad with | |
| Almond Crackers | 10.5 |
| Berry Wild Strawberry Muffins | 11 |

PEEL GOOD MEALS

Cream of Portobello Chicken 13.75 / 50




Seasoned Chicken Breast Served with
Calrose Rice, Topped with Creamy
Mushroom Sauce, Served with Green
Beans.

GF Allergens: Dairy

710c/25F / 64C / 48P

SOUP SERENADE

Hearty Chicken Tortilla Soup 9.5 / 36



Chicken Soup Packed with Black & Pinto
Beans, Corn, Tomatoes, Jalapenos,
Cilantro

GF, DF, Allergens: None

3600C/ 6F/ 27C/38P

Rotating
Every
10 Weeks

Bulk Items

Ground Turkey Taco
Shredded Chipotle
BBQ Chicken
Lean Flank Steak
Grilled Chicken
Chipotle Shrimp
Kalua Pork

Broccoli (2 Varieties)
Garlic Asparagus
Thyme Mushrooms
Fajita Bell Peppers
Cauliflower (2 Varieties)
Green Beans (2 Varieties)
Brussels (2 Varieties)
Garlic Zucchini

MINCED

TOP
10

Spaghetti with Turkey Bolognese 10 / 36

GF spaghetti Noodles Topped with
Lean & Hearty Turkey Bolognese
Sauce GF, DF, Allergens: N/A
410C/ 12F/ 51C/ 20P

Bomb Burrito Bowl

13 / 48

Spanish Rice, Turkey Taco Meat, Spicy
Sauteed Onions, Organic Sweet Corn,
Black Beans, Queso Fresco &
Jalapeno Crema

GF, DF, Allergens: Milk

410C/ 12F/ 51C/ 20P

Rotating
Every
5 Weeks

LETTUCE EAT SALAD

MANGO CHIPOTLE: Organic Greens, Mango, Black Beans, Feta, Pepitas, Honey Chipotle Vinaigrette 7

PATRIOTIC: Organic Greens, Strawberries, Blueberries, Candied Pecans, Feta, Apple Cider Vinaigrette 7

SOUTHWEST: Organic Greens, Black Beans, Corn, Queso Fresco, Pepitas, Creamy Chipotle Dressing 7

*Add 1/4 lb Chicken

+4

Rowlett. Rockwall. Forney Satellite

Visit App for Nutritional Facts



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Week B-1