



FOR PICK  
UP ON  
MARCH  
28

**B U I L D   Y O U R   S A L A D S**  
**O W N**

**PICK YOUR PROTEIN 3OZ/6OZ PROTEIN**

- Extra Lean Meatloaf **8.50/10**
- Hamburger Steak
- Herb Crusted Pork Tenderloin
- Cajun Chicken
- Classic Grilled Chicken
- Smoked Chicken
- Grilled Shrimp
- Pan Seared Salmon

**PICK 2 SIDES**

- Brown Rice
- Wild Rice
- Roasted Baby Potatoes
- Roasted Sweet Potatoes
- Asparagus
- Broccoli
- Green Beans
- Mixed Veggies
- Squash & Zucchini
- Sauteed Mushrooms
- Side Salad

**Chef Salad HALF/WHOLE**

mixed greens, ham, turkey, bacon, tomato, cheese, egg **4.50/9**

**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

**Apple Pecan Salad with or w/o chicken**

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

**Turkey Taco Salad**

romaine, ground turkey, corn, onion, bell pepper, black beans, tomato, avocado, cheese. With salsa

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

**ONE DISH MEALS**

**8.50**

Brown Rice Pasta w/ Meatballs & Marinara  
BBQ Chicken & Pineapple Flatbread

**S N A C K S**

**4.25**

- Charcuterie Snack Box
- Fresh Fruit Plate
- Turkey Pinwheel Box

**C O L D**

**P L A T E S**

**8.50**

**Light Chicken Salad**

on a bed of mixed greens with fruit and cheese

**California Turkey Wrap**

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. meatballs and marinara
4. 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, or Venmo.