



FOR PICK
UP ON
MARCH
21

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 Beef OR Chicken Stir Fry
Baked Cod w/ Sautéed Cabbage & Edamame
Turkey Stuffed Bell Peppers

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

1. half smoked chicken cobb salad with creamy jalapeno dressing
2. whole meatloaf with wild rice and asparagus
3. cajun chicken pasta
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

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.