



Meal Prep Menu

Each meal comes with your choice of Protein or half portions of 2 Proteins, Starch, Vegetable and Sauce.

Starting at \$14

Herb grilled chicken breast
 Chicken (your way)
 Citrus brined turkey
 Apple glazed pork loin
 Marinated vegetable stir-fry



Starting at \$16

Cognac braised beef tips
 Chef's steak cut of the week (+2)
 Teriyaki glazed salmon
 Sweet chili shrimp
 Meatless sausage GF pasta and spinach

Sauce: Sweet teriyaki, Sweet and sour, Hot honey, Barbecue,
 Pesto, Curry, Balsamic Glaze, Garlic tomato, Thai Curry



Starch

Herb roasted red potatoes
 Cilantro lime basmati rice
 Wild rice pilaf
 Sweet potato wedges
 Garlic mashed potatoes



Vegetables

Sautéed squash and peppers
 Steamed vegetable medley
 Grilled asparagus
 Garlicy spinach and bacon
 Sesame green beans

Use this as a template or create your own personal menu.

Family Meals are an option!

(Zelle, Square, Cash app, Venmo, Cash or Check accepted)



Ask about our SALADS!!

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