



Example Menu

Please note:

Our menu changes weekly. Always refer to our website for delicious, up-to-date options.

SOUPS *(menu changes weekly)*

All soups are made from scratch *(including the broths whenever possible)*.

Zesty Hamburger & Cabbage Soup *(ready to heat)*

\$16 quart / \$8 pint

Classic vegetable soup with the addition of ground beef, cabbage, and zesty chili seasonings. Gluten-free; Dairy-free

Broccoli Cheese Soup *(ready to heat)*

\$14 quart / \$8 pint

Creamy and cheesy comfort in a bowl! Kid-approved!

Chicken Tortilla Soup *(ready to heat)*

\$15 quart / \$8 pint

With a spicy, garlic-tomato broth, chunks of chicken, cheese, and tortilla strips...

ENTREES *(menu changes weekly)*

Momma's Meatloaf *(ready to bake)*

\$26

Tasty, tender meatloaf makes a delicious family dinner every time! Kid-approved!
Can be Gluten-Free; Dairy-Free

Pork Cutlets with Mushroom Marsala *(ready to bake)*

\$24

Juicy pork tenderloin steaks simmered with seasonal mushrooms & marsala.
Gluten-free.

Lemony Chicken Piccata *(ready to bake)*

\$26

An Italian-American staple beloved for its piquant flavors chicken with lemon & capers cradled in a silky, butter-rich pan sauce. Served with orzo.
Can be Gluten Free (Zoodles or Gluten-Free Noodles)

Asian Salmon & Noodles *(ready to bake)*

\$26

A 6-oz. salmon filet arranged on top of noodles or Zoodles with mushrooms, snow peas, and a Sriracha-Honey-Sesame sauce.

Chicken Enchilada Casserole with Cream Sauce *(ready to bake)*

\$24

Shredded chicken, corn tortillas, cheese and Mexican spices. Kid-approved!
Gluten-Free; can be Dairy-Free (no cream cheese, sour cream, or cheese)



SLOW-COOKER FAVORITES *(menu changes weekly)*

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| Lemon, Rosemary, & Garlic Chicken <i>(ready for slow-cooker)</i> | \$24 |
| Juicy chicken (antibiotic-free) deliciously seasoned with rosemary, garlic, & lemon.
Gluten-free; Dairy-free; Paleo | |
| Salisbury Steak Meatballs with Mushroom Gravy <i>(ready for slow-cooker)</i> | \$24 |
| Beef & turkey meatballs that are fork-tender with rich gravy. | |
| Awesome Fajitas <i>(ready for slow-cooker)</i> | \$26 |
| Juicy fajitas with all the fixin's! Your choice of beef, chicken or vegetarian. | |
| Ginger Pork with Bok Choy <i>(ready for slow-cooker)</i> | \$26 |
| Tender pork tenderloin from Circle B Ranch with bok choy and Asian seasonings. | |
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SIDES *(menu changes weekly)*

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|--|-------------|
| Garden Salad <i>(ready to toss and serve)</i> | \$20 |
| Fresh greens, seasonal garden vegetables served with the dressing of your choice. | |
| Garlic Mashed Potatoes or Cauliflower <i>(ready to heat)</i> 24oz | \$12 |
| Zoodles <i>(ready to heat)</i> | \$9 |
| Fresh zucchini noodles are a healthy replacement for pasta or rice.
Great as a side dish for almost anything!
Gluten-free; Dairy-free; Paleo; Whole 30; Vegetarian | |
| Mac & Cheese <i>(ready to bake)</i> | \$14 |
| Creamy, cheesy, and delicious. Baked with a panko crust topping. | |
| Roasted Brussels Sprouts with Bacon <i>(ready to heat)</i> | \$20 |
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Breads by Neighbor's Mill Bakery & Café

Delivered with your order

from \$5

Sweets from Tea Bar & Bites

Delivered with your order

from \$4



STAPLES *(these items are almost always available)*

Quiches & Frittatas *(ready to bake)* **starting at \$16**

Local, fresh, organic farmer-raised eggs from Possum Creek Produce in Aurora. Creamy & custardy. Can be Dairy-free (almond milk). Can be Gluten-free with sweet potato crust. Available in Lorraine, Veggie, Smoked Gouda & Roasted Red Pepper, Sausage & Swiss.

Individual Breakfast Burritos *(ready for oven or microwave)* **starting at \$6**

Grab one of these HUGE breakfast burritos on the way out the door and you're good to go! Burrito-size flour tortillas stuffed with scrambled eggs (local, fresh, organic farmer-raised eggs from Possum Creek Produce in Aurora), meat, cheese, onions & peppers, and hash browns. Several options available. (Low-Carb tortillas available on request.)

Grainless Granola *(ready to enjoy)* **\$18**

This granola contains no oats or wheat flour but you won't miss them. Organic raw cashews, pumpkin seeds, almonds will make this your favorite granola!

Gluten Free; Dairy Free; can be Paleo; can be Keto

Oatmeal Granola *(ready to enjoy)* **\$14**

Organic raw cashews, pumpkin seeds, almonds, raisins, coconut and rolled oats

Dairy Free; Vegetarian

Magic Mineral Broth **\$6**

Cancer-fighting, immune-boosting, snuffle-healing comfort in a cup! Incredibly healing nourishment. This pure vegetable broth is rich in magnesium, potassium, calcium, and manganese--all essential for speeding up recovery time after surgery, postpartum, a long run or heavy workout. Marathon winner Shalane Flanagan drinks it all the time!

Gluten-free; Dairy-free; Vegetarian

Mineral Rich Bone Broth **\$8**

Bone broth is a source of minerals, like calcium, phosphorous, magnesium, and potassium, in forms that your body can easily absorb. *Gluten-free; Dairy-free*

Cold and Allergy Cough Relief **\$10**

This tincture contains the best things for you to fight a cough, cold or flu naturally: Lemon, Ginger, Honey. Mix a tablespoon or 2 of this delicious honey, lemon juice, blended with Young Living essential oils in the morning and before bed to give your poor, tired throat a calming treat and to relieve your cough.



JUICES *(menu changes weekly) (ready to enjoy)*

Foundation Juice	\$10
Spinach, kale, celery, cucumber, parsley, apple, lemon.	
Quench Juice	\$10
Pineapple, apple, mint, purified water.	
Purify	\$6
Purified water, lemon, agave, cayenne pepper	
Preservation Juice	\$10
Beets, carrots, apples, lemon, ginger, purified water	
Glow Juice	\$10
Raw cashews, vanilla bean, agave, cinnamon, purified water	
KETO Celery Juice	\$8
Celery, Purified water	
Classic Kale Green Juice	\$9
Laccinato kale, apples, lemon, cucumber, purified water	
Liver Scrubber	\$10
Apple, beets, carrots, celery, ginger	

SMOOTHIES *(menu changes weekly) (ready to enjoy)*

Banana Split Protein Smoothie	\$9
Banana, strawberries, almonds, chocolate protein powder	
Pumpkin Pie Protein Smoothie	\$9
Pumpkin, banana, coconut milk, honey, vanilla, protein powder	
Popeye's Power Protein Smoothie	\$9
Orange, pineapple, yogurt, banana, spinach, protein powder	
Morning Oatmeal Protein Smoothie	\$9
Beets, carrots, apples, lemon, ginger, purified water	
Glowing Skin	\$9
Avocado, kale, pineapple, mango, banana, coconut water	