



PREPARED MEALS TO GO

TIATO NOW OFFERS PREPARED MEALS
FREEZE & SIMPLY REHEAT WHEN READY

PETITE PACKAGE

- Feeds Two (\$24 Per Person)**
ADD Lamb \$7, ADD Fish \$5

INCLUDES ONE SMALL: PROTEIN/ SOUP/
SALAD/ SIDE/ DESSERT

FAMILY PACKAGE

- Feeds Four (\$24 Per Person)**
ADD Lamb \$7, ADD Fish \$5

INCLUDES ONE LARGE: PROTEIN/ SOUP/ ONE
SALAD/ SIDE/ DESSERT

PROTEINS

(Select Rub & Size, Proteins come with free side)

- ORGANIC TIATO HERB BRINED, FREE RANGE, NON GMO TURKEY BREAST **\$12 PER PERSON**
 Asian Pesto Rub Honey Mustard Teriyaki Ginger
 SM (2PPL) LG (4PPL)
- ROASTED BRINED ORGANIC CHICKEN **\$12 PER PERSON**
 Asian Pesto Rub Honey Mustard Teriyaki Ginger
 SM (2PPL) LG (4PPL)
- ROASTED LAMB CHOPS **\$16.50 PER PERSON**
 Mangolian Sauce Garlic Tyme Olive Marinade
 SM (2PPL) LG (4PPL)
- POACHED WILD SALMON **\$14.50 PER PERSON**
 Ginger Soy Glaze Asian Pesto/Sundried Tomato/ Thai Chili
 SM (2PPL) LG (4PPL)
- GRILLED ALL NATURAL BEEF **\$12 PER PERSON**
 Lemongrass Soy Glaze Red Wine Demi Sauce
 SM (2PPL) LG (4PPL)
- VEGAN MEATBALLS **\$12 PER PERSON**
 Asian Pesto Pomodoro Sauce
 SM (2PPL) LG (4PPL)

SALADS

Side Portion \$5 Per Person

ANTIOXIDANT SALAD

blueberries / beets / chevre cheese / candied walnuts / shallots / green apples / frisée / flax seeds / cucumber/ pomegranate ginger dressing

- Sm (2 pp) Lg (4 pp)

TURKEY TACO SALAD

black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing

- Sm (2 pp) Lg (4 pp)

Quinoa Salad

red beans/ cucumber/ bell pepper/ parsley / lemongrass dressing

- Sm (2 pp) Lg (4 pp)

SOUPS

\$5 Per Person

ROASTED TOMATO SOUP

Vegan/ Gluten Free/ Nut Free/ Sugar Free

- Sm (2 pp) Lg (4 pp)

BONE BROTH \$6.50 PER PERSON

ORGANIC CHICKEN RALL NATURAL BEEF

- Sm (2 pp) Lg (4 pp)

SPECIALTY

\$6 Per Person (half portions)

AN'S FAMOUS GARLIC NOODLES

Vegetarian

- Sm (2 pp) Lg (4 pp)

SIDES

Side Portion \$3.5 Per Person

ROSEMARY GARLIC MASH POTATOES

Vegan/ Gluten Free/ Nut Free/ Sugar Free

- Sm (2 pp) Lg (4 pp)

SEASONAL ROASTED VEGETABLES

Vegan/ Gluten Free/ Nut Free/ Sugar Free

- Sm (2 pp) Lg (4 pp)

MISO BUTTER GRILLED CORN

enoki mushrooms/ green beans/ shallots

Sugar Free| Vegetarian

- Sm (2 pp) Lg (4 pp)

BROWN BUTTER GLAZED HEIRLOOM CARROTS

Vegetarian /Nut Free/ Gluten Free

- Sm (2 pp) Lg (4 pp)

COLD SOBA NOODLES

Napa cabbage/ carrots/ green onions

Gluten Free

- Sm (2 pp) Lg (4 pp)

STEAMED BOK CHOY

Gluten Free/ Dairy free/ Sugar Free/ Vegan

- Sm (2 pp) Lg (4 pp)

SWEETS

GLUTEN FREE CHOCOLATE CAKE \$5.50 PER PERSON

- Sm (2pp) Lg (4pp)

ASSORTED COOKIES \$5.50 PER PERSON

chocolate chip/ oatmeal raisin/ m&m/ peanut butter

- Sm (2pp) Lg (4pp)

FRESH JUICES

\$6 Per Person

WELLNESS SHOT (suggested: add hot water to make it a tea!)
lemon, ginger & cayenne \$4.50 Per Person - Add OJ for \$2.00

Sm (2 pp)

Lg (4 pp)

GREEN GODDESS

broccoli, celery, green apple, honeydew & spinach

Sm (2 pp)

Lg (4 pp)

GREEN FIX

apple, cucumber, orange, celery and ginger

Sm (2 pp)

Lg (4 pp)

LONGEVITY

apple, carrot, ginger, orange, topped with turmeric & cayenne

Sm (2pp)

Lg (4)

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SAFELY PREPARED HEALTHY,
IMMUNE BOOSTING MEALS
FROM OUR KITCHEN RIGHT TO
YOUR HOME OR OFFICE

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4 WAYS TO ORDER

IN PERSON

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