

Menu Week of October 23rd and 30th

Week of October 23rd (October 23-october 28)

Lentil Shepherd's Pie -GF)(VG)(DF)(V) -Lentils/Flax/Vegan Mash/Celery Carrots
Onion/Vegan Gravy/Green Beans

502 calories, 9.2 fat, 509 sodium, 75.6 carbs, 24.4 protein

Ingredients: lentils, potato, seasonal veggie olive oil, onions, garlic, celery, flax seed, gf
soy sauce, carrot, oat milk, organic cane sugar, nutritional yeast, clean eats kitchen
special seasonings, green beans

Teriyaki Mushrooms GF)(VG)(DF)(V)- House

Teriyaki/Mushrooms/Onion/Shredded Carrots/Seasoned Quinoa

393 calories, 5.6 fat, 468 sodium, 70.5 carb, 7 sugar, 17.2 protein

Ingredients: mushrooms, quinoa, carrots, onion, teriyaki, olive oil, clean eats special
seasonings, broccoli

Teriyaki Chicken Bites (GF)(DF)

House Teriyaki/Marinated Chicken/Onion/Shredded Carrots/Quinoa

464 calories, 8.5 fat, 34.9 carb, 7.8 sugar, 37.8 protein

Ingredients: chicken breast, brown rice, broccoli, carrots, olive oil, honey, clean eats
special seasonings

Tajin Steak Fajita Bowl (GF) - Tajin Marinated Steak/Brown Rice/Sauteed Peppers
and Onions/Roasted Garlic Herb Sour Cream

548 calories, 22.4 fat, 322 sodium, 37.6 carb, 39.9 protein

Ingredients: steak, brown rice, peppers, onions, garlic,olive oil, sour cream, clean eats
kitchen special seasonings

Moroccan Chicken Thighs & Lentils (GF)(DF)- Marinated Chicken

Thighs/Curried Lentils/Brussel Sprouts/Cran Raisins/Almond Slices

428 calories, 7.9 fat, 162 sodium, 41.9 carb, 39.7 protein

Ingredients: chicken, lentils, garlic, olive oil, clean eats special seasonings, pickled
onion, craisins, almonds, brussel sprouts

Honey Garlic Salmon (GF)(DF)-Roasted Salmon/Seasonal Vegetable/Brown Rice

409 calories, 16.3 fat, 103 sodium, 46.1 carb, 38.8 protein

Ingredients: salmon, brown rice, garlic, onion, honey, olive oil, seasonal veggie, clean
eats special seasonings

Ingredients subject to change. Please ask if you have allergies.

TACOS- Wednesday October 27th 11:30 am until 2 pm or until SOLD OUT

Week of October 30th (October 30-November 4)

Pesto Chicken (GF)(DF)

- House Pesto/Zucchini Noodles/Balsamic Sauteed Cherry Tomatoes/

Ingredients: chicken, zucchini, tomato, balsamic vinegar, basil, olive oil, garlic, cane sugar, clean eats special seasonings

Pesto Chkn' - GF)(VG)(DF)(V)

Chicken Substitute/Zucchini Noodles/Balsamic Sauteed Cherry Tomatoes

Ingredients: vegan chicken , zucchini, tomato, balsamic vinegar, basil, olive oil, garlic, cane sugar, clean eats special seasonings

Mojo Roasted Pork - Marinated Shredded Pork/Seasoned Brown Rice/Plantains/Corn/Cilantro

Southern Baked Chicken Thighs - Oven Baked Chicken Thigh/White Gravy/Seasonal Succotash/Mac N Cheese

Korean BBQ Beef Meatballs - Florida Cattle Beef/House Korean BBQ Sauce/Brown Rice/Seasonal Vegetable

Chicken N Mac Casserole - Gluten Free Mac N Cheese/Chicken/Seasonal Vegetable

Ingredients subject to change. Please ask if you have allergies.

BURGERS- Wednesday November 3rd 11:30 am until 2 pm or until SOLD OUT