

Menu Week of July 1st Closed July 4th

Shredded Beef w/Chimichurri Rice(GF) \$11.99

Slow cooked shredded beef/House Chimichurri/Rice/Corn

493 calories, 14.5 fat, 667 sodium, 11.8 sugar, 39.7 protein

Ingredients: shredded beef/brown rice/garlic/parsley/olive oil/queso fresco/cilantro

Chicken Satay(Peanut Sauce) (GF)(DF) \$10.99

marinated chicken breast/house satay sauce(scallion/peanuts/olive oil/sugar/sesame seeds/salt/soy sauce/coconut milk/

Marinated Chicken w/house peanut sauce, brown rice and green beans

569 calories, 19.7 fat, 599 sodium, 41.4 carb, 49.4 protein

Ingredients: chicken, green beans, brown rice, peanut butter, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, scallions, liquid aminos, redefined foods seasonings

Vegan Chickpea Satay (GF)(VG)(V)(DF) \$11.99

539 calories, 28.1 fat, 351 sodium, 54.6 carb, 24.8 protein

Ingredients: chickpea, rice, green beans, peanut butter, scallions, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, liquid aminos, redefined foods seasonings

Chili - Lime Tofu (GF)(VG)(V)(DF) \$10.99

house chili-lime sauce/marinated tofu/quinoa/green beans

359 calories, 19.4 fat, 393 sodium, 43.7 carb, 20.9 protein

Ingredients: tofu, vegetable medley, quinoa, peanut butter, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, liquid aminos, redefined food seasonings

Chili - Lime Chicken (GF)(VG)(V)(DF) \$10.99

house chili-lime sauce/marinated chicken/quinoa/vegetable medley

259 calories, 19.4 fat, 93 sodium, 13.7 carb, 12.9 protein

Ingredients: chicken, vegetable medley, peanut butter, olive oil, sesame seeds, coconut milk, organic cane sugar, ginger, liquid aminos, redefined foods seasonings

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

Menu Week of July 8th

Chicken Parmesan Stuffed Zucchini Boat (GF)(VG) \$10.99

519 calories, 28.3 fat, 495 sodium, 35.3 carb, 27.8 protein

Ingredients: zucchini, ground chicken, onion, olive oil, mozzarella, parmesan cheese, basil, tomato, garlic, redefined food seasonings

Chickpea Parmesan Stuffed Zucchini Boat (GF)(VG)(V)(DF) \$10.99

548 calories, 38.3 fat, 495 sodium, 41.3 carb, 35.8 protein

Ingredients: zucchini, chickpea, onion, olive oil, mozzarella, basil, tomato, garlic, redefined food seasonings

Teriyaki Chicken - stir fry veg with brown rice

464 calories, 8.1 fat, 388 sodium, 34.4 carb, 40.2 protein

Ingredients: chicken, brown rice, veggies, gf soy sauce, olive oil, redefined food special seasonings

Chicken Burrito Bowl (GF) \$10.99

587 calories, 18.2 fat, 139 sodium, 50.8 carb, 2.4 sugar, 50.5 protein

Ingredients: ground chicken, brown rice, black beans, corn, cilantro, salsa verde, olive oil, redefined food special seasonings

Oyster Mushroom Burrito Bowl (GF)(VG)(V)(DF) \$11.99

475 calories, 16.9 fat, 572 sodium, 61.3 carb, 2.4 sugar, 23.6 protein

Ingredients: oyster mushroom vegan cheese, brown rice, black beans, corn, cilantro, olive oil, salsa roja, redefined food special seasonings

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

Menu Week of July 15th

Pineapple Fried Rice with Chicken(GF) \$10.99

680 calories, 30.6 fat, 169 sodium, 59.1 carb, 2.5 sugar, 43.8 protein

Ingredients: chicken, brown rice, carrots, onion, beans, mushroom, olive oil, redefined food seasonings, pineapple, sesame seeds

Pineapple Fried Rice (GF)(VG)(V)\$10.99 PRE ORDER ONLY

659 calories, 31.6 fat, 296 sodium, 75.3 carb, 2.8 sugar, 21.8 protein

Ingredients: brown rice, carrots, onion, beans, mushroom, olive oil, redefined food seasonings, pineapple, sesame seeds

Coconut Chicken (GF) \$10.99

Slow Cooked Chicken Breast/Coconut Sauce/Sweet Potatoes & Veg

447 calories, 8.3 fat, 45.9 carb, 212 sodium, 37.4 protein

Ingredients: chicken/coconut milk/sweet potatoes/organic cane sugar, celery, redefined food seasonings

Coconut Tofu (GF)(VG)(V)\$10.99

Slow Cooked Tofu/Coconut Sauce/Sweet Potatoes & Veg

331 calories, 8.3 fat, 43.2 carb, 212 sodium, 26.1 protein

Ingredients: tofu, coconut milk, sweet potato, green beans, cane sugar, celery, redefined food seasonings

Buffalo Chicken Stuffed Peppers (GF) \$10.99

House Buffalo Sauce/Ground Chicken/Brown Rice/Cheese

488 calories, 21.4 fat, 276 sodium, 43.8 carb, 54.4 protein

Ingredients: Ground chicken/peppers/house buffalo sauce/brown rice/potato, cheese, seasonings

Brown Butter Steak Bites (GF)\$12.99

Seared Steak Bites/Brown Butter Sauce/Roasted Potatoes & Broccoli

548 calories, 22.4 fat, 322 sodium, 37.6 carb, 42.9 protein

Ingredients: steak/potatoes/broccoli/butter/parsley/redefined food seasonings

Menu Week of July 23rd

Honey Sriracha Chicken (GF) \$10.99

Marinated Chicken served over brown rice with broccoli

548 calories, 23.9 fat, 373 sodium, 3.3 sugar, 55.4 carb, 53.5 protein

Ingredients: chicken, olive oil, garlic, brown rice, broccoli, house made sriracha aioli, seasonal vegetable, redefined food special seasonings

658 calories, 34.7 fat, 313 sodium, 43.4 carb, 61.8 protein

Honey Sriracha Cauliflower (GF)(VG)(DF)(V) \$10.99

Served over Quinoa with Broccoli

359 calories, 19.4 fat, 193 sodium, 33.7 carb, 18.9 protein

Ingredients: cauliflower, olive oil, garlic, quinoa, house made sriracha aioli, seasonal vegetable, broccoli, redefined food special seasonings

Shredded Beef w/Chimichurri Rice(GF) \$11.99

Slow cooked shredded beef/House Chimichurri/Rice/Corn/Black Beans

493 calories, 14.5 fat, 667 sodium, 11.8 sugar, 39.7 protein

Ingredients: shredded beef/brown rice/garlic/parsley/olive oil/roasted cherry tomatoes/corn/queso fresco/cilantro

Lemon Dill Salmon (GF)

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

Ingredients: salmon, potato, green beans, basil, garlic, onion, olive oil, dill, redefined foods special seasonings

Roasted Turkey Meatballs (GF) \$10.99

Slow Roasted Meatballs served with sweet potato and broccoli

461 calories, 15.1 fat, 141 sodium, 34.9 carb, 42.7 protein

Ingredients: ground turkey, sweet potatoes, cream, olive oil, garlic, broccoli, redefined food seasonings

Menu Week of July 30th

Butter Chicken: (GF)(DF) \$10.99

Creamy Curried Chicken, Brown Rice, Seasonal Vegetable

542 calories, 13.9 fat, 113 sodium, 55.6 carb, 48.1 protein

Ingredients: chicken, brown rice, celery, carrots, onion, sweet potato, cauliflower, clean eats kitchen special seasonings, butter, coconut milk

Vegetable Butter Curry (GF)(VG)(V) \$10.99

342 calories, 13.9 fat, 113 sodium, 55.6 carb, 12.4 protein

Ingredients: quinoa, lentils celery, carrots, onion, sweet potato, cauliflower, clean eats kitchen special seasonings, butter, coconut milk

Seared Chicken with Chili Lime Sweet Potato (GF) \$10.99

548 calories, 23.9 fat, 373 sodium, 3.3 sugar, 55.4 carb, 53.5 protein

Ingredients: chicken, sweet potato chili crunch, seasonal veggies, clean eats kitchen special seasonings, olive oil, gf soy sauce, onion, garlic broccoli

Sesame Orange Turkey Meatballs (GF) \$10.99

528 calories, 19.4 fat, 269 sodium, 48.6 carb, 41.1 protein

Ingredients: ground turkey, brown rice, bok choy, green beans, mushrooms, clean eats kitchen special seasonings, olive oil, gf soy sauce, onion, garlic, orange, vegan mayo, ginger, vinegar

Citrus Roasted Mojo Pulled Pork (GF) \$10.99

502 calories, 16.9 fat, 432 sodium, 36 carb, 48 protein

Ingredients: pork, brown rice, plantains, garlic, salt, pepper, grapefruit, lemon, lime, organic cane sugar, paprika, onion powder, garlic powder, olive oil, arrowroot, clean eats kitchen special seasonings