

Menu Weeks of August 5, 12 and 19

Menu Week of August 5th

Tuscan Chicken Pasta (GF) \$11.99

669 calories, 32.3 fat, 421 sodium, 50.6 carb, 45.6 protein

Ingredients: Gluten Free Penne/Sautéed Spinach/Blistered Red Peppers/San Marzano Tomatoes/Cream/Fresh Basil/Ricotta/Seared Chicken

BBQ Chicken Thighs (GF)(DF) \$10.99

504 calories, 17.8 fat, 356 sodium, 39.7 carb, 46.5 protein

Dry Rubbed Oven Smoked Chicken/Pickled Onion/Roasted Potatoes/Seared Broccoli
Ingredients: chicken, onion, potato, olive oil, broccoli, vinegar cane sugar, redefined food seasonings

BBQ Mushrooms (GF)(VG)(V)(DF) \$10.99

353 calories, 7.3 fat, 239 sodium, 42 carb, 11.2 protein

Dry Rubbed Oven Roasted Mushrooms/Pickled Onion/Quinoa/Seared Broccoli
Ingredients: mushroom, quinoa, onion, olive oil, broccoli, vinegar cane sugar, redefined food seasonings

Slow Roasted Mojo Pork (GF)(DF) \$10.99

572 calories, 16.9 fat, 432 sodium, 56 carb, 48 protein

Marinated Shredded Pork served with Seasoned Brown Rice, Plantains and Corn

Ingredients: pork, brown rice, corn, plantains, olive oil, tomatillo, onion, redefined food special seasonings, cilantro, lime

Carribbean Jerk Cod (GF)(DF) \$12.99

547 calories, 6.4 fat, 139 sodium, 50.2 carb, 42.4 protein

Seasoned cod/plantains/corn/black beans/seasoned white rice/lime/cilantro

Ingredients: pork, white rice, corn, plantains, olive oil, tomatillo, onion, redefined food special seasonings, cilantro, lime

Ingredients subject to change. Please ask if you have allergies

Heating: crack lid and heat 1- 2 min in microwave

Always take out souffle cup before heating Prepared: 8-5-22

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Menu Week of August 12th

Tikka Chicken (GF) \$10.99

Biryani Rice(peas/carrots/cilantro)/house curry/pickled onion/chicken
549 calories, 14.4 fat, 168 sodium, 53.5 carb, 42.2 protein

Cajun Jambalaya (GF) \$10.99

Turkey /Jambalaya(pease/celery/carrots/onion/garlic/peppers/jalapeños)
609 calories, 24.2 fat, 368 sodium, 53.7 carb, 50.4 protein

Taiwanese Tofu Bowl (GF) \$10.99

Sweet n Tangy marinated tofu/cucumbers/white rice/pickled ginger/scallion/shallot/furikake
333 calories, 10.2 fat, 310 sodium, 45.4 carb, 13 protein

Taiwanese Chicken Bowl (GF) \$10.99

Sweet n Tangy Marinated Chicken/cucumbers/white rice/pickled ginger/furikake
510 calories, 14.5 fat, 329 sodium, 47.9 carb, 45.8 protein

Beef and Broccoli (GF) \$12.99

Ground beef/white rice/broccoli/house sweet soy sauce
441 calories, 13 fat, 536 sodium, 50.5 carb, 30.8 protein

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Heating: crack lid and heat 1- 2 min in microwave

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Menu Week of August 12th

Beef Pot Pie (GF) \$12.99

Beef/carrots/onions/celery/cream/gluten free crust/seasonal veggie

Salmon Poke Bowl (GF)(DF) \$12.99

Beets/scallions/pineapple/carrots/white rice/seaweed/salmon

Pesto Chicken & Rice (GF)(DF) \$10.99

Seared pesto chicken/blistered cherry tomatoes/house pesto/seasonal veggie

490 calories, 18.8 fat, 211 sodium, 34.3 carb, 7.7 sugar, 43.8 protein

Ingredients: chicken, rice, tomato, balsamic vinegar, basil, olive oil, garlic, basil, cane sugar, redefined food special seasonings

Lentil Shepherd's Pie GF)(VG)(DF)(V) \$10.99

One of our customer favorites! Dairy Free Mashed Potato over lentils mixed with celery and carrots and topped with a vegan gravy with a seasonal vegetable

502 calories, 9.2 fat, 209 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, redefined food co special seasonings

Shepherds Pie (GF) \$11.99

Dairy free mash/fresh from florida ground beef/celery carrots onion/seasonal veg

Ingredients subject to change. Please ask if you have allergies

Heating: crack lid and heat 1- 2 min in microwave

Always take out souffle cup before heating Prepared: 8-5-22

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