

FAMILY STYLE Serves: Four \$48 | Two \$24

Order 2 or more meal bundles & get 50% off half dozen eat baked gf donuts
 Add a quart of broth or soup +\$12 & get 20% discount when ordered in a bundle package

STEP 1: Choose Protein

Salmon

(omega 3 fatty acids, High in B, Selenium)

Roasted chicken

(Vit B, B3, B6, B12, Iron, Zinc, Great protein)

Roasted organic veg- Carrots, Zucchini, Cauliflower, Wild Mushrooms, Artichoke

(Plant protein, bolsters immune system, Vit C, Vit K1, Antioxidants, Potassium, Beta Carotene. so much more!!)

Organic Sprouted Tofu

(Benefits- type 2 diabetes, kidney functions, Osteoporosis, found to reduce LDL 'bad' cholesterol. Much more!)

Tahini yam patties

(Vit B, anti-inflammatory compounds, protects liver functions, Calcium, Rich in potassium)

STEP 2: Choose 2 Sides

Cuban black beans

Organic brown rice

Roasted Yams

Olive Oil & Herb Roasted Red Potatoes

Millet

Roasted Organic Veg

Organic Salad Greens with Lime Cilantro Dressing

STEP 3: Choose 2 Sauces

Lime Cilantro

Green Goddess

House-made Herb Ranch

Dark Balsamic

Roasted Yam Hummus +1

Smashed Local Avo

Cashew Crema

Bone Broth or Soup & Salad Bundle Two \$25 Four \$45

1 quart Soup, Salad+housmade dressing, Artisan Bread loaf, Yam Hummus for bread dipping

FAMILY STYLE Serves: Four \$38 | Two \$19

Taco Kit

Cilantro Shredded Chicken

Cuban Black Beans

10 Organic Corn Tortillas or Coconut Tortillas +8

Organic cabbage, carrot, kale mix up

House-made Crema or Lime Cilantro

Shredded Cheese

Salsa

Add Avo+ 7 (half pint)

Add small pan Enchillada +9.95

**Add beverages to your bundles,
 receive 10% off**

Wines, beers, all bottled beverages,
 on tap kombucha!

One Pan- Vegan or Organic Meats

****WE NEED 24 HOUR PREORDER****

Shepard's Pie- yam crust *keto, paleo gf, grain free

Enchilada Casserole

Cheese- Organic Corn Tortilla, sonora sauce, cheese, black bean

Cilantro Chicken- Organic Corn Tortilla, sonora sauce, cheese, black bean, cilantro shredded chicken

Vegan Veg Yummo- Organic Corn Tortilla, sonora sauce, vegan cheese, cashew crema, black bean, roasted veggies

Keto- Coconut Tortilla, Sonora sauce, cheese, crema, cilantro shredded chicken, avocado

Served with, Organic Salad Greens choose your favorite dressing

Add Artisan Multi Grain Batard+5