Menu

Specialty Meals- All specialty Meals are $9.95

Pasta with Turkey Meatballs- Whole grain pasta with turkey meatballs and a tomato sauce

Stir fry- Chicken, stir fry vegetable mix with jasmine rice

Turkey burger- Turkey Patty on a multigrain flat bread with side of sweet potato fries

Stuffed Pepper -Pepper stuffed with ground turkey, your choice of whole grain or jasmine rice combined in a red sauce

Create your own

Choose protein

Half size=4oz

Full size=8oz

Chicken 7.95/8.95

Ground Beef 7.95/8.95

Ground Turkey 7.95/8.95

Steak 9.95/10.95

Turkey Tenderloin 7.95/8.95

(all fish portions are 6oz.)

Salmon 11.95

Tilapia 10.95

Cod 9.95

Veggie Burger 9.95

Carb Choices Vegetable Choices

Half Size=1/2 cup Full Size =1cup

Whole Grain Pasta Green Beans

Whole Grain Rice Broccoli

Jasmine Rice Spinach

Sweet potato Asparagus

If two vegetable options are wanted they may choose two for low carb meal combo.

Also offer gluten free pasta as a carb option\*

Don’t necessarily need pricing options on page- open to suggestions, more appealing presentation of prices

Also offer at home or delivery within 20 miles for small fee.