

Build Your Own

(Low Histamine- Dairy Free- Minimally Processed- Butter OK)

No tomatoes, spinach, eggplant, fermented, pickled food, cashews, avocado, or beans)

Food Cost + 1 Meal x # of portions



Build Your Own Meal

Directions

- 1) Select a main.
- 2) Select a soup or side.

1) Select a Main

- **Kaho Man Gai**- Slow cooked Thai version of Hainanese chicken. Served with a savory and slightly spicy dipping sauce.
- **Carne Asada**- Marinated and grilled beef served with Spanish rice.
- **Khao Soi**- Khao soi is a Thai egg noodle soup in a curry broth, topped with crispy fried noodles.
- **Lamb Kofta**- Herb-spiced ground lamb skewers grilled to perfection and served with creamy tzatziki
- **Beef Shepherds Pie**- Tender ground beef simmered in a savory herbed gravy, layered with butter-whipped cauliflower mash and a scatter of green peas for a nostalgic touch.
- **Carnitas Taco**- Slow braised pork, onions, spices and a little citrus served in corn tortillas.
- **Chicken Yakisoba**- Tender marinated chicken, Asian vegetables, soy citrus yakisoba sauce and yakisoba noodles.
- **Pesto Chicken Primavera**- Tender marinated chicken and vegetables sauteed together house made pesto sauce.
- **Moo Ping**- Grilled marinated pork skewers served with sticky rice.
- **Roasted Cauliflower & Leek Soup**- Velvety soup made with roasted cauliflower, leeks, olive oil, and a touch of butter for richness.
- **Apple & Butternut Squash Soup**- Subtly sweet and aromatic, roasted squash, apple, onion, and sage blended until smooth.
- **Chicken & Potato Stew**- Braised chicken, carrots, and gold potatoes in olive oil and broth thickened with a bit of mashed potato for body.
- **Creamy Carrot-Ginger Soup**- Silky purée of carrots, leeks, and fresh ginger simmered in coconut milk and vegetable broth.
- **Roasted Sweet Potato & Parsnip Soup**- Roasted golden sweet potatoes and parsnips blended with olive oil, thyme, and a touch of maple syrup for balance.
- **Coconut Chicken & Vegetable Stew** -Tender chicken breast simmered in coconut milk with zucchini, carrots, and green beans.
- **Golden Root Vegetable Stew**-A hearty medley of carrots, turnips, potatoes, and celery in a light chicken or vegetable broth thickened with pureed squash.
- **Turkey & Rice Soup**- Ground turkey gently simmered with leeks, carrots, celery, and brown rice in a mild herb broth.
- **Chicken & Quinoa Soup**-Diced chicken breast with quinoa, kale (optional or replace with chard), carrots, and zucchini in light broth.

2) Select a Side

- **Garden Salad**
- **Fresh Fruit Cup**
- **Veggies & Hummus**
- **Roasted Sweet Potatoes**
- **Roasted Broccolini**
- **Garlic Butter Green Beans**
- **Roasted Vegetable Medley**
- **Herbed Quinoa Pilaf**
- **Cauliflower Mash**
- **Mashed Potatoes**

Build Your Own Bowl

Directions

- 1) Select a base
- 2) Select a protein
- 3) Select vegetables
- 4) Select a sauce or dressing
- 5) Select your toppings

1) Select a Base

- Brown Rice
- Lentil Blend
- Quinoa Pilaf
- Wild Rice
- Cauliflower Rice
- Farro Pilaf
- Couscous Salad
- Organic Greens
 - Arugula
 - Mixed Greens
- Combo (Choose any starch plus greens)

2) Select a Protein

- Greek Chicken
- Chicken Shawarma
- Pork Carnitas
- Garlic Shrimp
- Grilled Carne Asada
- Crispy Fried Tofu
- Thai Marinated Grilled Pork

3) Select a Vegetable

- Roasted Cauliflower
- Roasted Brussel sprouts
- Sautéed Zucchini & Mushrooms
- Broccoli & Carrots
- Roasted Asparagus
- Sliced cucumbers

4) Select a Sauce or Dressing

- Lemon Tahini Dressing
- Coconut Tzatziki Sauce
- Harissa Vinaigrette
- Chipotle Aioli
- Green Goddess
- Sriracha Honey
- Gochujang Glaze
- Pistachio Pesto
- Mediterranean Dressing
- Blackberry Dressing
- Strawberry Poppyseed
- Honey Dijon Vinaigrette
- Cilantro Lime Dressing
- Balsamic Dressing

5) Select a Toppings

- Pumpkin seeds
- Sunflower seeds
- Toasted almonds
- Red Onions
- Fried shallots
- Hummus
- Sliced jalapenos
- Sliced radishes
- Microgreens
- Nori
- Dried Cranberries

**We can make a wide array of items. Let us know what you're looking for
and our chefs can make it happen!**

Don't See What You Want!

Other options available upon request!