

MEAL PREP \$16

- CHKN ENCHILADAS

- POT ROAST W/ MAC & CHEESE & BUTTER ROLL

- CHKN ALFREDO (SUB WITH ZUCCHINI NOODLES FOR \$2

- SALISBURY "STK" W/ MASHED POTATOES & BROCCOLI

- CHKN OR STK PHILLY CHEESE SLIDERS W/ HOME FRIES

- VEGETABLE FRIED QUINOA W/ HIBACHI VEGETABLES. (BROWN RICE AVAILABLE.)

- CRAB CAKES AND ALFREDO W/ STEAMED BROCCOLI

- LOADED SWEET POTATOES W/ ROASTED VEGGIES

- STUFFED PASTA SHELLS W/ HOMEMADE ITALIAN SAUSAGE, MARINARA, SPINACH AND RICOTTA.

- 2 PIZZA POCKETS W/ ITALIAN SAUSAGE, MARINARA & MOZZARELLA.

- JERK CHKN WITH PLANTAINS, STEWED BLACK BEANS & JASMINE RICE.

- SWEET & SOUR CHKN W/ PEPPERS, ONIONS & RICE.

- CHKN OR STK FAJITAS

- PEPPER "STK" & RICE

- CHICKEN FRIED "STK" W/ POTATOES & BROCCOLI

- CHKN PARMESAN W/ PENNE PASTA.

- STUFFED BELL PEPPERS W/ BROWN RICE, ITALIAN SAUSAGE, ONIONS, MARINARA & MOZZARELLA.

- BURRITO BOWL W/ GRILLED JACKFRUIT, PEPPERS, ONIONS, LETTUCE, BLACK BEANS, RICE TOMATOES, JALAPEÑOS. W/ SIDE OF CHIPOTLE SAUCE.



THE VEGAN GODDESS

BLESSED PLANT BASED
FOODS



ORDERING

There's several ways to get delicious meals from us:

Call us directly at (901) 210-6877 or shoot us a text to schedule meal prep delivery.

Grab a ready made meal right off the shelf at Memphis Kitchen Co Op & Marketplac (7940 Fischer Steel Rd)

Stop by our weekly popups for a hot to go order (7946 Fischer Steel Rd)

**MOST DISHES CAN BE MADE
GLUTEN FREE. NOTIFY US OF ANY
ALLERGIES OR PREFERENCES.**

SALADS \$16

• BLT SALAD
TEMPEH BACON, RED ONION,
TOMATOES,
CHEDDAR, AVOCADO, BANANA PEPPERS,
RANCH DRESSING.

• GRILLED CHKN SALAD
ALMONDS, CRANBERRIES, TOMATOES,
GRILLED JACKFRUIT CHK, ONION,
SHREDDED CARROTS, BALSAMIC
VINAIGRETTE.

• FALAFEL SALAD
BAKED FALAFELS, KALAMATA OLIVES,
FETA, CUCUMBER, TOMATOES, RED
ONIONS, HUMMUS &
GARLIC TAHINI DRESSING.

• FRIED CHKN SALAD
FRIED JACKFRUIT CHK BITES, CHEDDAR,
AVOCADO, CUCUMBER, TOMATOES,
BANANA PEPPERS, RED
ONION W/RANCH.

• GRILLED STK SALAD
GRILLED JACKFRUIT STK, FETA,
CUCUMBER, TOMATOES, RED ONION, &
BELL PEPPERS W/ CREAMY WHITE
BALSAMIC DRESSING.

CONTACT US!

CALL/TEXT (901) 210-6877

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FACEBOOK
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