



PREPARED MEALS

FOOD FOR GOOD HEALTH.



\$13.00 - Salmon Patties / Broccoli

6oz fresh salmon mixed with red onion, dill, egg, and panko, 6oz of broccoli florets topped with parmesan, served on 2oz of arugula with 2oz dill caper sauce and a lemon.

\$12.00 - Grilled Rosemary Chicken / Rice

8oz rosemary chicken, 6oz cilantro and lime rice mixed with 1oz of cherry tomatoes, and served on 2oz of arugula with a lemon.

\$14.00 - Mediterranean Shrimp Bowl

7 pieces of grilled shrimp served over 3oz of white rice, topped with 3oz corn salsa, 2oz black beans, 2oz shredded carrots, 2oz red bell peppers, 2oz feta cheese, and 1oz green onions, drizzled with roasted garlic yogurt sauce and olive oil, and oregano.

\$13.00 - Salmon Bites

6oz of seasoned salmon bites tossed with garlic powder, onion powder, smoked paprika, cayenne, salt, and black pepper, seared in 1 tbsp of olive oil, 5oz white rice, 5oz mix veggies and served with 2oz of Bang sauce

\$13.00 - Grilled Ancho Chicken/ Veggie Bowl

8oz ancho grilled chicken served on 2oz of arugula paired with cilantro and lime rice mixed with 1 oz of cherry tomatoes, 1oz roasted corn, 1oz jalapeños, 1oz tomatoes, 1oz red onions, 2oz black beans served with a lemon.

\$13.00 - Grilled Ancho Chicken / Rice / Fajita Veggies

8oz ancho chicken served on 2oz of arugula, 6oz cilantro and lime rice mixed with 1oz of cherry tomatoes, and 6oz of sautéed onions and peppers served with 2oz of fajita sauce.

\$13.00 - Chicken Stir Fry

A dish featuring 8 oz of ancho grilled chicken, combined with 2 oz each of red bell pepper, cherry tomatoes, red onion, and shredded carrots, all sautéed together and finished with 2 oz of teriyaki sauce and 5oz white rice.

\$13.00 - Southwest Wrap

8oz of grilled chicken wrapped with 1oz of chipotle mayo, layered with 2oz of corn salsa, 2oz of black beans, 3oz of fresh pico de gallo, and 2oz of pepper jack cheese in a chipotle tortilla.

