

## HEAT AT HOME MEALS

Healthy, convenient, made from scratch.

## PORK CHILI VERDE

Tender chunks of pork shoulder, simmered in all-natural chicken broth, with green chiles, tomatillos, garlic, onion, olive oil, spices, and Redmond Real salt. One pound portion. \$14.00

## BEEF STROGANOFF

Tender slices of beef and sliced mushrooms in a classic creamy sauce, with onions, garlic, beef broth, Worcestershire sauce, arrowroot powder, sour cream, butter, and spices. One pound portion. \$17.00

## OVEN-ROASTED CHICKEN QUARTERS

One or two chicken quarters, 10-12 ounces total, lightly seasoned, and oven-roasted to a beautiful golden-brown...\$3.00

## BEEF-NOT-BEANS CHILI

A generous helping of ground beef, with roasted sweet potatoes, red & green bell peppers, tomatoes, onions, garlic and spices. One pound portion. \$14.00

## CHICKEN GARAM MASALA

Tender pieces of chicken breast in our mild-but-flavorful garam masala sauce...tomato, onion, olive oil, bell peppers, garlic, coconut milk, and spices. Dairy-free. One pound portion. \$12.00

## SOY CURL GARAM MASALA (VEGAN)

World-famous Butler soy curls in our garam masala sauce...tomato, onion, olive oil, bell peppers, garlic, coconut milk, and spices. One pound portion. \$14.00

## CHICKEN TIKKA MASALA

Chicken breast pieces in our spicy tikka masala sauce...tomato, onion, olive oil, bell peppers, garlic, cream, butter, and spices. One pound portion. \$12.00

## RED, WHITE &amp; BLACK CHILI (VEGAN)

Black & white beans, red & black quinoa, roasted sweet potatoes, red & green bell peppers, tomatoes, onions, garlic and spices. One pound portion. \$14.00

## MORE MEALS AND SIDES

Complete your delicious meal.

## CREAMY CHICKEN CHILI

Delicious white meat chicken, white beans, green chiles, onions, and exotic spices in a rich sauce made with real sour cream and heavy cream. Full of flavor, but not spicy-hot. One pound portion. \$14.00

## Brown, Red, and Wild Rice Blend

Blend of sprouted Sienna red rice, Colusari red rice, wild rice, sprouted brown rice, and long-grain brown rice. One pound portion. \$4.00

## Red and Black Quinoa

Our house blend of flavorful red and black quinoa. One pound portion. \$5.00

## Cauliflower Rice

Tossed in extra-virgin olive oil, lightly seasoned, and oven-roasted. One pound portion. \$6.00

## OTHER AMAZING THINGS

Round out your real food plan!

## Half-dozen REAL Chicken Eggs

Beautiful, multicolored, variously-sized eggs from our family flock. The ladies get organic food and scratch, lots of mealworms, fresh greens, veggie trimmings from the restaurant, and plenty of sunshine, exercise, and love. \$3.00

## Redmond Real Salt

Our favorite salt...an ancient sea salt, mined in Utah. Amazing flavor...fine grind, 10 ounce container. \$7.50

## House Pecans

Roasted in coconut oil and tossed with Redmond Real Salt...and magic. 4 ounces by weight. \$7.50

## House Cashews

Roasted in coconut oil and tossed with locally smoked black pepper and Redmond Real Salt. 4 ounces by weight. \$7.50

## What is REAL Food???

Here at the REAL kitchen...we understand that healthy eating means different things to different people...but for any way of eating, real food is a great place to start!

For us, that means food that has been minimally processed, is non-GMO, and doesn't have unnecessary additives. We have a bias toward organic, sustainably-produced, and locally-sourced foods...while recognizing that these aren't always available or affordable for all.

We also know that many people have food allergies or preferences...and we want to accommodate those needs. We have a completely gluten-free kitchen, and we offer complete ingredient transparency on every item that we serve. While we are still working on making all the details available online, we are always happy to help if you don't yet find the information you need.

You deserve to enjoy clean, healthy, delicious food. We want to make it easy.

Please let us know how we can help.

--Ross & Kara, founders

# REAL

KITCHEN

## BEVERAGES

OF ALL SORTS...

### SPARKLING WATER

- San Pellegrino...Sparkling Mineral Water...3
- San Pellegrino...Essenza Tangerine & Wild Strawberry...3
- San Pellegrino...Essenza Dark Morello Cherry & Pomegranate...3
- San Pellegrino...Essenza Lemon & Lemon Zest...3
- Bubly...Raspberry...3
- Bubly...Cherry...3
- Bubly...Blackberry...3

### KOMBUCHA

- GT's...Gingerade...3

### SODAS

- New Wave...Mango...3
- New Wave...Cucumber...3
- New Wave...Apple (no caffeine)...3
- San Pellegrino...Limonata (with juice)...3
- San Pellegrino...Blood Orange (with juice)...3
- San Pellegrino...Pomegranate & Orange (with juice)...3
- Coca-Cola...from Mexico, made with cane sugar...3

### HARD KOMBUCHA

- Boochcraft...Orange Pomegranate Beet...5

### HARD CIDER

- Ace...Joker Ultra Dry...5

### MEAD

- Drinking Horn Meadery...Traditional...7...18
- Drinking Horn Meadery...Metheglin...7...18
- Drinking Horn Meadery...Strawberry...7...18
- Drinking Horn Meadery...Bluetooth...7...18
- Drinking Horn Meadery...Pomegranate...7...18
- Drinking Horn Meadery...Elderberry...7...18
- Drinking Horn Meadery...Apple...7...18
- Drinking Horn Meadery...Black Cherry...7...18

### HARD SELTZER

- Press...Blackberry & Hibiscus...5
- Press...Grapefruit & Cardamom...5
- Press...Pomegranate & Ginger...5

## BEVERAGES

ALL AVAILABLE TO GO!

### WINE

#### REDS

- pinot noir...BENTON LANE...8...29
- zinfandel...LANGE TWINS...6...21
- zinfandel...SEGHEGIO...(bottle only)...46
- merlot...MCMANIS...6...21
- cabernet sauvignon...EDUCATED GUESS...10...38
- house blend...UNSHACKLED by PRISONER...11...39

#### WHITES & BUBBLES

- sauvignon blanc...FLAT TOP HILLS...6...21
- pinot grigio...CANDONI ORGANIC...6...21
- chardonnay...RIVA RANCH...10...34
- chardonnay...HAYES RANCH...6...21
- house blend...UPSHOT by RODNEY STRONG...7...26
- cava brut...CAMPO VIEJO...7...26
- brut rosé...ROTARI...(187 ml bottle only)...10

### SAKE (NIHONSHU)

- Nigori Silky Mild (375ml bottle)...11
- Premium Ginjo (300ml bottle)...17
- Organic Nama (300ml bottle)...18
- Junmai Daiginjo (300ml bottle)...28

### BEER

- Mother Road Brewing...Tower Station IPA...7
- Mother Road Brewing...Lost Highway IPA...7
- Mother Road Brewing...Conserve and Protect Kolsch...5
- Sierra Nevada Brewing...Sufferfest Pale Ale...5
- Sierra Nevada Brewing...Sufferfest Kolsch...5
- Sierra Nevada Brewing...Sufferfest Stout...5
- Sierra Nevada Brewing...Pale Ale...5
- Firestone Walker Brewing...805 Blonde Ale...5
- Deschutes Brewing...Lil' Squeazy Gluten-reduced Pale Ale...5
- Boulevard Brewing Company...Wheat Hazy American Classic...5
- Lumberyard Brewing Company...Railhead Red...5
- Four Peaks Brewing Company...Kilt Lifter Scottish Amber Ale...6
- Modern Times Beer...Fruitlands Tropical Fruit Gose...7
- Odell Brewing Company...Sippin' Pretty, Fruited Sour...6

CLEAN, HEALTHY EATING...  
MADE EFFORTLESS.

## DELICIOUS, HEAT-AT-HOME MEALS

Available WED-SUN from 3 pm to 7 pm.

Our meals come to you frozen for convenience, but are quick to thaw...so they can go from freezer to table in 30 minutes or less!

Order take-home meals at [EatAtTheReal.com](http://EatAtTheReal.com),  
or stop in and see us at:

1509 South Milton Road, Flagstaff, AZ 86001

Questions? Give us a call at 928.440.5579,  
or find us on...

Facebook...@EatAtTheRealKitchen  
Instagram...@EatAtTheReal  
Twitter...@EatAtTheReal

Please let us know about any food sensitivities, allergies, or dietary preferences...we will work with you to meet your needs! We cook most items in extra virgin olive oil...but we also use 100% real butter, organic virgin coconut oil, and avocado oil. Let us know if you prefer, or need to avoid any of these! Also...everything on our menu (except some packaged beer) is gluten-free. If you have questions, please ask!