



Item	Gluten- Free	Calories	Protein	Carbs	Fats
Breakfast					
Blueberry & Walnut Baked French Toast Local Yogurt	n	449	26	57	13
Egg & Quinoa Veggie Muffins Fresh Fruit	y	327	17	40	11
Egg Morning Muffins (Turkey Bacon & Turkey Sausage) Sweet Potato Hash	y	389	33	35	13
Egg Morning Muffins (Vegetarian) Sweet Potato Hash	y	348	25	35	12
Egg Muffins (Mushroom and Turkey Sausage) Potato Hash	y	399	31	35	15
Egg muffins (Soked Salmon) Chive Potato Hash	y	399	31	35	15
Flapjacks (Banana Granola Protein) Turkey Sausage Syrup	n	383	32	48	7
Flapjacks (Plain & Chocolate) 2 Hard Boiled Eggs Fresh Fruit Syrup	n	383	32	48	7
Kodiak Protein Muffins (Maple & Turkey Sausage) 2 Hard Boiled Eggs Fresh Fruit	n	439	31	45	15
Kodiak Protein Muffins (Original Chocolate) 2 Hard Boiled Eggs Fresh Fruit	n	445	26	56	13
Oat Bowl - Apple Cinnamon Walnut	y	327	11	46	11
Oat Bowl - Apricot Pistachio Honey	y	327	11	46	11
Oat Bowl - Coconut Pecan Cranberry	y	327	11	46	11



Item	Gluten- Free	Calories	Protein	Carbs	Fats
Oatmeal Bake (Coconut Banana) Local Yogurt	y	347	11	51	11
Oatmeal Bake (Cranberry Almond) Sautéed Apple Turkey Sausage	y	416	26	51	12
Oatmeal Bake (Strawberry Almond) Turkey Sausage Fresh Fruit	y	398	26	51	10
Smoked Salmon & Naan Bread Sandwich	n	366	29	40	10
Smoked Salmon and Grits Bowl Egg	y	444	29	46	16
Turkey Sausage & Kale Strata Local Yogurt	n	429	26	43	17

Main Course

Basil Pesto Grilled Chicken Tuscan Kale Pasta	n	472	32	59	12
Cheesesteak Burger (bun-less) Sweet Potato Mash Pickled Vegetables	y	506	43	34	22
Chicken Chipotle Brown Rice Pilaf Seasonal Vegetables	y	436	38	44	12
Chicken Tikka Brown Rice Cucumber	y	425	38	48	9
Chicken Tzatziki Gyro Bowl	y	410	29	51	10
Clementine Quinoa Grilled Chicken Bowl	y	451	27	61	11
Delahay Cheesesteak Burger Chickpea Carrot Salad	y	507	41	34	23



Item	Gluten- Free	Calories	Protein	Carbs	Fats
Grilled Chicken Quinoa Garden Bowl	y	432	42	39	12
Grilled Chicken Salad w/ Toasted Almonds and Greens	y	335	35	15	15
Grilled Chicken, Sweet Potato & Quinoa Chowder	y	330	26	34	10
Grilled Spiced Pork Chops Red Potato Salad	y	446	49	31	14
Italian Turkey Meatballs Israeli Couscous	n	446	30	50	14
Italian Turkey Meatballs Zucchini Noodles	n	257	28	16	9
Jalapeno Cheddar Burger Chilled Chickpea Carrot Salad	y	513	41	40	21
Jalapeno Cheddar Burger Chilled Broccoli Slaw	y	505	40	39	21
Jalapeno Cheddar Burger Grilled Sweet Potato Fries	y	487	40	48	15
Lemon & Honey Grilled Chicken Bulgur, Mint & Radicchio Salad	n	480	34	59	12
Lemon Shrimp Black Pearl Wild Rice Seasonal Vegetable	y	412	35	41	12
Lentil and Barley Sliders Chickpea Carrot Salad	n	418	12	61	14
Lime-Hoisin Glazed Salmon Basmati Rice Cashew Cabbage Slaw	y	471	35	40	19
Meatloaf Garlic Potato Mash Seasonal Vegetable	n	454	36	55	10



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Mongolian Beef Jasmine Rice	y	486	49	50	10
Pesto Prosciutto Strata Greens Salad	n	375	14	55	11
Pineapple BBQ Chicken Purple Cabbage Slaw Jasmine Rice	y	413	35	57	5
Pineapple Caribbean Jerk Chicken Sweet Potato Mash Seasonal Vegetable	y	497	40	55	13
Raspberry Chipotle Glazed Grilled Chicken Brown Rice Pilaf Seasonal Vegetables	y	401	38	42	9
Rosemary Lemon Chicken Brown Rice Pilaf Seasonal Vegetables	y	401	36	44	9
Rosemary Lemon Salmon Bulgur, Mint & Radicchio Salad	n	503	35	48	19
Salad - Grilled Chicken Sprout Harvest Salad	y	450	25	29	26
Salad - Greek	y	255	11	28	11
Salad - Grilled Chicken Cobb Salad Avocado Yogurt Dressing	y	367	31	18	19
Salad - Pecan Cranberry and Apple Salad	y	356	12	41	16
Salad - Salmon and Greens	y	306	24	21	14
Salad - Thai Peanut Grilled Chicken & Millet Salad	y	456	32	37	20
Shrimp & Sirloin Fajita Bowls	y	411	31	47	11



Item	Gluten- Free	Calories	Protein	Carbs	Fats
Soup - Chicken Tortilla Soup & Care Pack	y	343	29	41	7
Soup - Chicken, Apricot & Mint Salad	y	390	32	16	22
Soup - Cucumber & Dill Soup	y	232	13	27	8
Soup - Smokey Chicken and Egg Noodle Soup	y	230	21	23	6
Soup - Thai Curry Sweet Potato Soup	y	354	13	53	10
Soup - Turkey Chili	y	456	40	47	12
Soup - Winter Barley & Vegetable Soup	n	230	9	44	2
Southern Pork BBQ & Veggie Grain Bowl	n	533	35	51	21
Thai Salmon & Peanut Crunch Bowl	y	553	34	57	21
Turkey & Quinoa Mexican Stuffed Red Pepper Blue Corn Tortilla Chips	y	475	39	46	15
Turkey & Spinach Italian Stuffed Red Peppers	y	454	41	32	18
Turkey Sloppy Joe Brown Rice Pickled Seasonal Vegetables	y	420	31	47	12
Snack					
Apple Parfait	y	207	7	29	7



Item	Gluten- Free	Calories	Protein	Carbs	Fats
Banana Chocolate Oat Bread	y	143	3	26	3
Blueberry Chia Smash Bars	y	122	9	17	2
Brownie Bites	y	156	5	25	4
Coconut Carrot Breakfast Cookies	y	229	3	25	13
PB & Chocolate Protein Snack Cake	y	277	16	33	9
PB and Honey Granola Bites	y	191	7	25	7
Peach Parfait	y	207	7	29	7
Protein Lemon Loaf	y	105	10	14	1
Pumpkin Spice Mini Muffins	y	150	8	25	2
Raspberry Smash Bars	y	122	9	17	2

We proudly source responsibly, using local & organic whenever possible.

Here is the deal, we try to adhere as closely as possible to the ingredients and amounts listed above. Should you have any questions or concerns, please contact us before ordering.