

FAMILY FRIENDLY MENU



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IMMUNE BOOSTER SOUPS \$14/Qt

- MOROCCAN CHILI- chick peas, ground beef, quinoa gf/nf
- CHICKEN WHITE BEAN PROVENCALE gf/nf
- CHICKEN NOODLE gf/nf
- CHICKEN TORTILLA gf/nf

SIDES/SALADS

- MAC N CHEESE (can be prepared vegan ,or gluten free)
- BRUSSEL SPROUT CASSEROLE or green bean gf/nf (can be prepared vegan)
- CAJUN SWEET POTATO WEDGES v/gf/nf/whole 30
- TACO SALAD pulled chicken, greens, tomato, avocado, charred corn, cotija cheese, tortilla chips

- CAESAR SALAD choice of protein (salmon, chicken, steak)
- JERK CHICKEN BUDDAH BOWL brown rice, black beans, grilled pineapple, wilted greens, plantain
- AHI POKE BOWL brown rice, avocado, cucumber, wakame, sriracha aioli

ENTREES eco friendly heat safe pans

- LASAGNA WITH LITTLE MEATBALLS \$30 (can be prepared gf)/nf 4 servings
- CHICKEN POT PIE \$24 gf/nf 4 servings
- STEAK FAJITAS \$24 gf/nf/whole 30 subs bibb lettuce 2 servings
- CHICKEN FAJITAS \$24 gf/nf/whole 30 2 servings
- WILD SALMON market price gf/nf/p/whole 30
- CARMELIZED ONION/MUSHROOM MEATLOAF \$24 gf/nf/p
- FISH TACOS/MANGO SLAW market price (can be grilled, seared or fried) serves 4, 6 or 8
- HEMP CHICKEN FINGERS \$24 gf/nf/p 14 pieces
- CHICKEN LETTUCE WRAPS \$22 gf/nf/whole 30
- CHICKEN BLACK BEAN ENCHILADAS \$22 gf/nf serves 2
- SHEPHERDS PIE – beef, organic peas, roasted garlic mashed potatoes \$28 gf/nf serves 4
- CHICKEN PARMESAN (4 breasts) \$30 gf/nf
- SALMON BURGERS \$12 ea gf/nf/p
- BEEF ENCHILADAS- ground beef wrapped in zucchini ribbons (or tortillas) \$24 gf/nf/whole 30 serves 2
- MASAMAN CURRY -beef, chicken, or shrimp with jasmine rice \$24 gf serves 2

HEALTHY ALTERNATIVES

- RAW OATMEAL V/GF
- ACAI-BLUEBERRY CHIA PARFAIT V/GF
- WAFFLES V/GF
- PROTEIN PANCAKES V/GF
- MUFFINS V/GF (pumpkin choc chip, banana date

walnut, apple zucchini walnut, sweet potato pecan)

- CORNBREAD V/GF (non-gmo)

*v-vegan gf-gluten free nf-nut free p-paleo

**all chicken is organic/hormone free, pork is hormone free/vegetarian fed, grass fed beef, wild salmon*

Check out our [Cibaria Market Menu](#) and our [Family Friendly Menu](#)

minimum delivery \$100

TO PLACE ORDERS:

Contact Chef Lisa Smith 404-422-6470

[Email Lisa](#)

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