

Name of Item	Ingredients	Allergens
<b>Basic Chicken Meal</b>	<i>Chicken, jasmine rice, broccoli</i>	
<b>Bison Power Bowl</b>	<i>Bison, sauteed kale (kale + coconut oil), roasted bell peppers, quinoa.</i>	
<b>Blackened Chicken</b>	<i>Chicken breast, Brussels sprouts, seasoned sweet potato (paprika, garlic), broccoli, cauliflower, blackened seasonings (sriracha, onion, garlic, tomato, mango powder). Chipotle mayo on side contains egg</i>	Mango Egg (sauce)
<b>Brisket Bowl</b>	<i>Beef Brisket, BBQ sauce, corn, roasted bell pepper + onions, Dirty Rice (brown rice + Salsa (onions + bell peppers)), Spicy ranch (low calorie ranch + Sriracha) (on side), shredded cheese (on side)</i>	Dairy (on side)
<b>Brisket Tacos</b>	<i>Flour tortilla (wheat flour, water, canola oil, salt), beef brisket, bbq sauce (tomato paste, cooking molasses, mustard), red cabbage, carrot, bell pepper, white onion, mixed cheese, banana peppers, vegan friendly santa fe sauce (capers, canola, vinegar, lemon, garlic, modified cornstarch, tomato paste, cooking molasses, mustard)</i>	Dairy Gluten
<b>Buffalo Quesadilla</b>	<i>Whole wheat tortilla (Wheat flour, canola oil, corn starch, carrageenan, maltodextrin), chicken, hot sauce, mixed cheese, banana peppers, diced bell pepper, diced white onion</i>	Gluten, Dairy
<b>Butter Chicken</b>	<i>Chicken, snap peas, coconut rice (coconut milk, jasmine rice, stevia), Butter Chicken Sauce: onions, garam masala, tomato paste, coconut cream, garlic, ginger, chili, cumin</i>	
<b>Cheese Burger Bowl</b>	<i>Brown rice, mixed cheese, lettuce, dill pickle, red onion, mustard mayo, ketchup, bbq beef (vinegar, tomato paste, garlic, onion, bell pepper)</i>	Dairy
<b>Chicken Tenders</b>	<i>Chicken, seasoned sweet potato (paprika, garlic), carrots, celery, sweet + Spicy sauce (thai sauce + pineapple), homemade breading (almond flour, coconut flour, light parmesan, garlic seasoning, roasted red pepper seasoning, parsley, egg whites)</i>	Egg Nuts (almond flour) Coconut Dairy (parmesan in breading)
<b>Field of Dreams Salad</b>	<i>Spring Lettuce Mix, strawberries, blueberries, carrot, cucumber, goat cheese, almonds, pea shoots, grapefruit blush dressing (soybean oil, white vinegar, grapefruit juice, salt, lemon peel, lemon juice, concentrated mandarin orange juice, xanthan gum, potassium sorbate, concentrated apple, chokeberry and elderberry juices, sugar)</i>	Nuts (almonds) Dairy (goat cheese)

<b>General J Tso Chicken</b>	<i>Coconut Rice (coconut milk, stevia, jasmine), broccoli, bell peppers, onions, thai chicken breast (molasses, soy sauce, garlic, ginger, lime), General Tso sauce (GF Teriyaki, garlic, ginger, vinegar, soy sauce, sesame oil) , sesame seeds</i>	Soy sauce may contain wheat Sesame Coconut
<b>Greek Goodness Bowl</b>	<i>Greek chicken (oil, lime, oregano, dill, garlic, pepper, thyme), Greek rice (garlic, dill), red cabbage, cucumber, carrot, raw pepper, feta, tzatziki (Greek yogurt, garlic, cucumber, lime), cucumber salsa (cucumber, tomato, red onion, lime)</i>	Dairy
<b>Hawaiian Turkey Meatballs</b>	<i>Extra lean ground turkey, red pepper + garlic spice, zucchini, roasted bell peppers + onions, Sweet and Spicy sauce (thai sauce + pineapple)</i>	
<b>Jerk Chicken</b>	<i>Bell Peppers, jerk rice (brown rice, kidney beans, onion), chicken, marinade (tomato paste, vinegar, paprika, garlic, cayenne, onion powder)</i>	
<b>Kale Salad</b>	<i>Kale, carrots, roasted chickpeas (ginger, roasted garlic, peppers), pumpkin seeds, sweet potato, vegan caesar dressing (capers, canola, vinegar, lemon, garlic, mustard, modified cornstarch)</i>	
<b>Keto Blackened Chicken</b>	<i>Brussels Sprouts, Broccoli, Cauliflower, Chicken Breast, blackened seasonings (onion, garlic, tomato, mango powder), alfredo sauce on side (Parm cheese, cream, almond milk)</i>	Dairy Nuts (almond milk)
<b>Keto Cajun Shrimp</b>	<i>Zucchini, Shrimp, Marinade (garlic, onion, paprika, oregano), Pesto (parm + romano cheese, basil, parsley, garlic, lemon, canola oil), Parm cheese</i>	Dairy
<b>Keto Chicken Alfredo Parm</b>	<i>Chicken, parm cheese, zoodles, parsley, alfredo sauce (parm cheese, cream, almond milk)</i>	Dairy Nuts
<b>Keto Chicken Parm</b>	<i>Chicken, parm cheese, zoodles, parsley, tomato basil sauce (onion, garlic, basil, oregano, chili, tomato)</i>	Dairy
<b>Keto Crack Chicken</b>	<i>Chicken, cream cheese, dill, flavor god ranch spice, mixed cheese, turkey bacon, sauteed kale (coconut oil), broccoli</i>	Dairy
<b>Keto Cauli Mac n Cheese</b>	<i>Cauliflower, chicken breast, sriracha, cheese sauce (goat cheese, cheddar cheese, almond milk, olive oil)</i>	Dairy Goat cheese Nuts (almond milk)
<b>Lean Turkey Shepards Pie</b>	<i>Extra lean ground turkey, turkey gravy (tapioca starch, corn starch, corn syrup, salt, flour, turkey broth, plant protein (soy), yeast extract, modified milk ingredients, onion + garlic powder), onion, peas, corn, sweet potato, red pepper + garlic spice</i>	Gluten (gravy) Dairy (gravy) Soy (gravy)

<b>Pesto Quesadilla</b>	<i>Whole wheat tortilla (Wheat flour, canola oil, corn starch, carrageenan, maltodextrin), nut free pesto (parm + romano cheese, basil, parsley, garlic, lemon, canola oil), chicken, mozzarella cheese, onion, bell pepper, Sweet Chili thai sauce on the side (red jalapeno, garlic, corn starch, red bell pepper, vinegar)</i>	Gluten Dairy
<b>Salmon Succotash</b>	<i>Coconut Rice (coconut milk, jasmine rice), Salmon, Broccoli, Succotash (black beans, edamame, cilantro, corn, bell pepper, jalapeno, miso), blackened salmon (garlic, onion, paprika, oregano)</i>	Soy
<b>Shrimp Vermicelli</b>	<i>Sesame + Garlic seasoned (garlic, roasted red pepper), edamame, red cabbage, bell peppers, broccoli, peanut thai sauce (peanut butter, soy sauce, sriracha, sesame oil), vermicelli noodles (thai sauce, soy sauce, sesame oil)</i>	Soy sauce may contain wheat Sesame Nuts (pb sauce on side)
<b>Stuffed Peppers</b>	<i>Bell Pepper, Chicken, Hot Sauce, low fat cream cheese, dill, flavor god ranch spice, mixed cheese, zucchini, cauliflower, spicy ranch (low calorie ranch + hot sauce)</i>	Dairy
<b>Tenderloin Meal</b>	<i>Potato, butter, garlic, parsley, asparagus, blackened tenderloin (garlic, onion, paprika, oregano), au jus (pea flour, corn starch, beef fat, salt, yeast extract, onion + garlic powder)</i>	Soy (au jus on side) Dairy (potatoes)
<b>Thai Salmon</b>	<i>Thai Salmon (molasses, soy sauce, garlic, ginger, lime), jasmine rice, broccoli, carrot, roasted edamame (sesame oil, sea salt, chili flakes)</i>	Soy (edamame) Gluten (salmon marinade)
<b>Turkey Meatball Meal</b>	<i>Extra lean ground turkey, red pepper + garlic spice, seasoned sweet potato (paprika, garlic), broccoli, carrot, cauliflower</i>	
<b>Vegan Butter Chicken</b>	<i>Crispy Tofu (olive oil, cornstarch), snap peas, coconut rice (coconut milk, jasmine rice, stevia), Butter "Chicken" Sauce: onions, garam masala, tomato paste, coconut cream, garlic, ginger, chili, cumin</i>	Soy
<b>Vegan Chili</b>	<i>Sweet potato, bell pepper, carrots, celery, Mushrooms, garlic, chili, cumin, tomatoes, black beans, corn, kidney beans, onion</i>	
<b>Vegan Tex Mex</b>	<i>Quinoa, cauliflower, broccoli, seasoned sweet potato (paprika, garlic), bell pepper, black beans, chickpeas, tex mex seasoning (oregano, garlic, bell pepper, jalapeno), salsa (onions, bell pepper), oregano</i>	
<b>Vegan Thai Curry</b>	<i>Coconut rice, chickpeas (ginger, roasted garlic, peppers), Brussels sprouts, broccoli, cauliflower, peppers, cilantro, curry sauce (coconut cream, lime, ginger, red curry paste (lemongrass, dehydrated shallot, coriander, garlic)</i>	