

Meals start at **\$12.99** each when you buy 2 or more!
\$11.99 each for 5 or more! **\$10.99** each for 9 to 12 meals!

Cold N Bold

Our Cold N Bold meals include a variety of salads and grain bowls. Simply choose your entree and select salad or grains.

Available as Salads or Grain Bowls (brown basmati, quinoa)

Twisted Chicken Caesar: A classic with a twist! Crispy fried gluten-free onions, with sliced grilled chicken breast, roasted tomatoes, chopped kale, spinach, romaine, and caesar dressing. [GF]

Buffalo Chicken: Shredded chicken tossed in tangy buffalo sauce, with tomatoes, cucumber, carrots, red peppers, and scallions over crisp greens. Served with Ranch [GF]

Cheesesteak Chopped: Seasoned chopped beef, sauteed peppers, onions and mushrooms, diced tomatoes, and cheddar cheese over a bed of crisp greens. Served with Ranch. [GF]

Miso Salmon: Miso glazed salmon with orange segments, red cabbage, red peppers, scallions, and carrots, over crisp greens, served with honey-ginger vinaigrette. [GF]

Carnitas Cobb: Shredded pork, chopped bacon, corn, black beans, tomatoes, hard cooked egg, avocado, and shredded cheddar over crisp greens. Served with Cilantro Lime Vinaigrette. [GF]

Vegetarian Salads:

Mediterranean Chopped: Crispy chickpeas, feta, cucumber, tomato, red onion, olives, and roasted red peppers tossed with crisp greens and greek dressing. [GF] [V]

Vegetarian Chopped Taco Salad: Corn, black beans, soy crumbles, shaved red onion, tomatoes, cheddar cheese, corn tortilla strips, over romaine, served with Cilantro Lime vinaigrette [V]

Grilled Peach & Strawberry: Grilled peach, shaved red onion, sunflower seed clusters, strawberries, crumbled feta, cucumber, over a bed of spinach, kale, and romaine, served with citrus vinaigrette [GF] [V]

Garden Chopped Salad: Completely vegan fresh chopped vegetable salad. tomatoes, carrots, cucumber, shaved red onion, julienne bell peppers, chickpeas, avocado, over spinach, kale, and romaine. Served with Citrus Vinaigrette [GF] [V]

Protein Pasta Entrees (made with Barilla Protein+ Pasta)

Chicken Cacciatore w/ Penne	Seafood fra Diavolo w/ Penne
Chicken Marsala w/ Spaghetti	Turkey Bolognese w/ Spaghetti
Beef Stroganoff w/ Penne	Shrimp & Chicken Scampi w/ Spaghetti

Heat N Eat

Our Heat N Eat meal plan includes a variety of customizable reheatable meals. For each meal, simply choose your main entree and two sides.

Choose a main dish:

1. **Teriyaki Chicken:** Chicken thigh, peppers, and onion sauteed with a teriyaki sauce
2. **Chicken Marsala Pan Seared Chicken Breast,** sauteed mushrooms & onions in a buttery Marsala sauce [GF] [K]
3. **Creamy Chicken Florentine Pan seared chicken thigh smothered in a creamy spinach sauce** [GF]
4. **Paprika Chicken Breast Grilled and baked chicken breast seasoned with smokey sweet paprika and spices, with a creamy paprika sauce.** [GF]
5. **BBQ Turkey Meatloaf** A comfy classic homestyle meal, ground turkey baked together with onions, peppers, spices, and coated in a tangy BBQ sauce
6. **Mongolian Chopped Beef** seasoned chopped beef, peppers and onions, served with a caramelized sweet and savory sauce
7. **Sweet Chili Grilled Pork Chop** Seasoned grilled pork chop with sweet chili sauce
8. **Italian Shredded Beef** Tangy and mildly spicy shredded beef, with pepperoncini and banana peppers. Served with roast garlic aioli. [GF] [K]
9. **Burgundy Steak Bits** marinated beef cubes cooked with mushrooms and onions, smothered in a burgundy beef gravy.
10. **Garlic Butter Cod** Garlicky herb cod cooked in a butter sauce [GF] [K]
11. **Lemon Herb Salmon** Pan seared salmon with a lemon-basil herb sauce [GF] [K]
12. **Cajun Butter Tilapia** Tender tilapia filet seasoned with cajun, baked in a lemon butter broth
13. **Black Bean Enchiladas** black beans, onions, peppers, kale, spinach, and tomatoes rolled up in three corn tortillas, baked in an enchilada sauce and cheddar cheese. [GF] [V] [K]
14. **Vegan Sweet Chili Meatballs** Made with black beans and quinoa, seared and tossed in a sweet chili sauce. [GF] [V] [K]
15. **Portabella Marsala** Crispy Baked Portabella, sauteed mushrooms & onions in a buttery Marsala sauce [GF] [V]
16. **Memphis Style Grilled Tofu** Seasoned grilled tofu tossed in a Memphis rub [GF] [Vg]

Choose two (2) sides: (all but mashed potatoes are vegan)

Garlic Green Beans | Roast Brussel Sprouts | Lemon Pepper Asparagus | Spinach, Mushrooms, and Onions | Roast Zucchini, Red Peppers, and Onion | Garlic Roast Cauliflower | Garlic Mashed or Roasted Red Potatoes | Brown Basmati Rice

Visit our website for more information!

[GF] Gluten Free [V] Vegetarian [Vg] Vegan [K] Keto

How It Works

Step 1
Visit www.srllc860.com

Step 2
Choose your meals

Step 3
Schedule your delivery
(or pickup!)

Step 4
Checkout and
We'll see you soon!



Diet Preferences

We accommodate all diets!

If you have an allergy, diet restriction, or a simple preference, just let us know when you select your plan.

We love to know our customers, so we won't hesitate to reach out with questions!

Over 95% of our menu is **GLUTEN FREE!***



*We do not operate within a gluten free facility. We ensure the safety of our customers by keeping all food contact surfaces clean and sanitized, and take great care to eliminate cross-contact.

Catering

We offer drop-off catering platters and buffets for small gatherings.

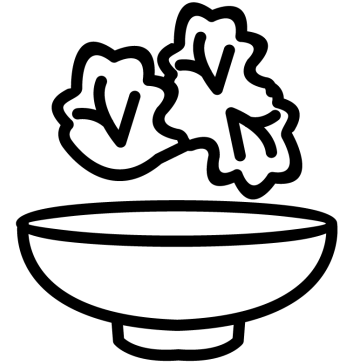
We are a great choice for business luncheons, training meetings, sales meetings, or for personal events like bridal or baby showers! See our website to find out what we offer!

Scan For Catering Request Form:



www.srllc860.com
Sara Roberts, LLC
 @greensnthings860

Greens N Things



Local Meal Plan Delivery Service

Summer 2023 Menu

Delivery 6 days/wk
Curbside pickup m-f 11-2



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(Please allow 24 hours to reply)