

Meals start at \$12.99 each when you buy 2 or more! Earn Points Online! (\$11.99 each for 5 or more! \$10.99 each for 9 to 12 meals!)

Cold N' Bold

Available as Salads or Grain Bowls (brown rice & 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] (available w/ salmon, shrimp +\$2)

Roast Chicken & Poached Pear: Shredded chicken, chopped bacon, sliced white wine poached pear, goat cheese, cucumber, and toasted sunflower seeds. Served with Creamy Dijon Vinaigrette [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] (available w/ shredded chicken)

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

Shredded Pork Cobb: Shredded braised pork, chopped bacon, corn and black beans, tomatoes, hard cooked egg, avocado, and shredded cheddar over crisp greens. Served with Chipotle Honey Vinaigrette. [GF] (available w/ shredded chicken)

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] (available w/ grilled chicken +\$2, salmon or shrimp +3)

Roast Acorn Squash Salad: Roast acorn squash, shaved red onion, shaved red cabbage, diced apples, dried cranberries, and cajun pumpkin seeds. Served with Creamy Dijon Vinaigrette. [V] (available w/ grilled chicken)

Roast Beets, Goat Cheese & Orange Salad: Roast beets, orange segments, goat cheese, and chickpeas over a bed of spinach, arugula, and romaine, served with spiced orange vinaigrette [GF] [V]

Roast Veggie Chopped Salad: Chilled roasted cauliflower, carrots, asparagus, and butternut squash, with shaved red onion and cucumber over spinach, kale, and romaine. Served with Creamy Dijon Vinaigrette [GF] [V]

Visit our website for more information!
[GF] Gluten Free [V] Vegetarian

Heat N' Eat

For each meal, choose your main entree and two sides.

Entrees:

Teriyaki Chicken or Salmon with peppers and onion sauteed with a teriyaki sauce

Chicken or Portabella Marsala with sauteed mushrooms & onions in a buttery Marsala sauce [GF] [K]

Stuffed Chicken Breast with spinach, red peppers, and feta. Served with a spinach cream sauce [GF]

BBQ Turkey Meatloaf A comfy classic homestyle meal, ground turkey baked together with onions, peppers, spices, and coated in a tangy BBQ sauce

Korean Chopped Beef seasoned chopped beef, peppers and onions, served with a caramelized tangy, sweet and savory sauce

Breaded Baked Pork Chop Breaded with crushed rice cereal and seasonings. Served with creamy dijon sauce.

Beef Stew with carrots, celery, peppers, onion, and red potato [GF] [K]

Beef Braciolo with prosciutto, parmesan and provolone cheeses, and tomato sauce

Tomato Basil Cod with tomatoes, onions, and sauce [GF] [K]

Dijon Salmon with creamy dijon sauce [GF] [K]

Cajun Butter Tilapia with tomato cajun butter broth [GF] [K]

Fish Cakes with red pepper old bay remoulade [GF] [K]

Chicken, Pork, or Black Bean Enchiladas with black beans, onions, peppers, kale, spinach, and tomatoes with enchilada sauce and cheddar cheese. [GF] [V] [K]

Southwest or Greek Stuffed Peppers with brown basmati rice, quinoa, peppers, onions, tomatoes, and spices [GF] [V]

Stuffed Acorn Squash with quinoa, rice, apples, dried cranberries, cheddar, spinach, and onions [GF] [V]

Choose two (2) sides: Garlic Green Beans | Roast Brussel Sprouts | Roast Brussel Sprouts & Carrots | Roast Parsnips & Carrots | Roast Asparagus | Roast Butternut Squash | Roast Acorn Squash Wedges | Broccoli, Cauliflower, & Carrots | Broccoli | Turmeric-Garlic Roast Cauliflower | Cauliflower Puree | Baked or Mashed Sweet Potatoes | Garlic Mashed or Roast Red Potatoes | Brown Basmati Rice [Dairy in Cauliflower Puree & Mashed Potatoes]

Protein Pasta

Chicken or Vegetarian Cacciatore Penne Shredded chicken stewed in a tomato sauce with peppers, onions, olives, garlic, carrots, mushrooms, and spices

Braised Chicken, Beef, Turkey, or Vegetable Ragù Spaghetti Slow braised chicken, beef, ground turkey, or roasted vegetables simmered in a garlicky tomato sauce

Beef Stroganoff Penne Seasoned shaved beef, caramelized onions, sauteed mushrooms, and penne tossed in a creamy garlic sauce.

Seafood Vodka Penne Shrimp, Salmon, and Cod sauteed with onions and garlic, tossed with penne in a creamy tomato sauce.

Cajun Shrimp & Chicken Spaghetti Sauteed shrimp and chicken, peppers, onions, and tomatoes tossed in a cajun tomato sauce with spaghetti

Mushroom, Spinach & Asparagus Creamy Penne Sauteed onions, garlic, mushrooms, asparagus, and spinach tossed with penne in a creamy white wine garlic sauce.

Sweet Potato, Chickpea, and Spinach Penne Roasted chickpeas and sweet potato tossed in a garlicky spinach sauce and tossed with penne.

& More!

Add-Ons:

Crispy Chickpeas [GF] [V]	Classic Tuna Salad
Crispy Fried Onions [GF] [V]	Grilled Chicken Salad
Mediterranean Quinoa	3-Bean Salad
Southwest Grains Salad	Deviled Egg Trio
Tomato Cucumber Salad	Egg Salad

Frozen Soups (quart):

Southwest Chicken Chowder
Buffalo Chicken Chili
Chicken Cordon Bleu Soup
Beef Barley
Classic Homestyle Chili
Beef Stew
Creamy Leek & Bean
Butternut Squash Bisque
Sweet Potato Chili

See our
website for
specials!

See our website for more!

Our menu rotates seasonally, so make sure you stay posted!

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www.srllc860.com



We accommodate any diet restrictions or preferences!

Simply make note of any changes when placing your order, either online, over the phone, or via email.

All orders placed over the phone or via email must be confirmed by a Greens N Things associate.

Online orders are automatically confirmed, but we reserve the right to contact our customers about any detail in question.



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