

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

**All salads have romaine, spinach, and kale.*

Twisted Chicken Caesar Crispy fried gluten-free onions, sliced grilled chicken breast, roasted tomatoes, caesar dressing. [GF] (available w/ salmon, shrimp, or ultimate (add bacon & avocado \$3)

Roast Chicken & Poached Pear Shredded chicken, chopped bacon, sliced white wine poached pear, goat cheese, cucumber, toasted sunflower seeds, Honey Cider Vinaigrette [GF]

Cheesesteak Chopped Seasoned chopped beef, sauteed peppers, onions and mushrooms, cucumber, diced tomatoes, cheddar cheese, Ranch. [GF] (available w/ shredded chicken)

Shredded Pork Cobb Shredded braised pork, chopped bacon, black beans, tomatoes, hard cooked egg, avocado, cheddar, Jalapeno Lime Vinaigrette. [GF] (available w/ shredded chicken)

Vegetarian Salads:

Mediterranean Chopped Crispy chickpeas, feta, cucumber, tomato, red onion, olives, roasted red peppers, greek dressing. [GF] [V] (available w/ grilled chicken +\$2, salmon or shrimp +3)

Caprese & Chickpea Salad Fresh mozzarella, tomatoes, shaved red onion, kalamata olives, chickpeas, balsamic glaze, balsamic Vinaigrette. [V] (available w/ grilled chicken)

Roast Beets, Goat Cheese & Orange Salad Roast beets, orange segments, goat cheese, shaved red onion, cucumber, crispy chickpeas, citrus vinaigrette [GF] [V]

Roast Veggie Cobb Salad Chilled roasted cauliflower, asparagus, and butternut squash, hard boiled egg, crumbled sharp white cheddar, with shaved red onion and cucumber over spinach, kale, and romaine. Served with Honey Cider Vinaigrette [GF] [V]

Add-Ons: *(See website for pricing)*

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

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 [GF]

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

Orange Cranberry Chicken Thigh sticky, sweet, and savory caramelized chicken thigh with orange, cranberry, and rosemary. [GF]

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

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

Lemon Caper Pork Chop Breaded with crushed rice cereal and spices. Served with lemon caper butter sauce [GF]

Poor Man's Burnt Ends Smokey sweet BBQ beef bits with caramelized onions [GF] [K]

Garlic Butter Steak Bites with onions, garlic, parsley, and scallions

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

Hot Honey Salmon seared salmon with sliced jalapenos and hot honey glaze [GF] [K]

Cajun Butter Tilapia with garlic cajun butter broth [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]

Cajun Cauliflower Steak with black bean sauce [GF] [V]

Choose two (2) sides: Garlic Green Beans | Roast Brussel Sprouts | Sweet Chili Carrots | Lemon Pepper Asparagus | Roast Butternut Squash | Roast Delicata & Acorn Squash | Broccoli | Turmeric-Garlic Roast Cauliflower | Kale, Potatoes, & Mushrooms | Baked Sweet Potato | Garlic Mashed or Roast Red Potatoes | Brown Basmati Rice | Grains

[Dairy in Cauliflower Puree & Mashed Potatoes]

Protein Pasta

*All Pastas Available with Gluten Free Penne

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

Turkey Bolognese

Braised Pork Ragu Spaghetti Slow braised pork simmered in a rich garlicky tomato sauce with a splash of yogurt

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

Ricotta Spinach & Tomato Basil Penne Sauteed onions, garlic, tomatoes, spinach and ricotta tossed with penne in a creamy garlic basil sauce. [V]

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

& More!

Frozen Soups (quart):

Southwest Chicken Chowder
Bacon & Cannelini Bean
Beef Barley
Classic Homestyle Chili
Beef Stew
Creamy Carrot Ginger
Creamy Leek & Bean
Butternut Squash Bisque
Sweet Potato Chili

See our
website for
specials!

Breakfast

Breakfasts are \$8.49 each, and decrease in price the more you order.

For each meal, choose your main meal and side.

Protein Pancakes

Blueberry with honey

Lemon Ricotta with honey

Chocolate Chip with honey

Egg Bites**

Western

Spinach, Feta, & Tomato

Southwest

Cheesesteak

**Can sub egg whites (\$1)

Sides

Turkey Sausage

Pork Sausage

Bacon

Sweet Potato Hash

Seasonal Berries

We also Cater!

See our website for
Greens N Things Gourmet Salad Bar!
Perfect for groups of 15 or more!

See our website for more!

Our menu rotates seasonally, be sure to stay updated!

Sign up for our newsletter for access to special coupons, deals, and updates to our small business!

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. By ordering from us, you agree to our terms and conditions listed on our website.

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Sara Roberts, LLC



@greensnthings860



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