

PERSONAL CHEF SERVICE

Our mission is making healthful eating easier!

FREEZER FRENZY!

Order at www.tkwitch.com by Saturday, February 9th

Pick up on Monday 2/11 or Wednesday 2/13

STARCHES

Brown Rice *gluten-free vegan*
Pint: \$4.

Buttermilk Smashed Potatoes *gluten-free*
1# \$6.50

Twice-Baked Potatoes with herbs & cheddar, *gluten-free*
2 for \$7

Mac & Cheese
1# \$8
1.5# \$11

PROTEINS

all options are gluten-free & dairy-free

Herb-Crusted Landis Chicken, 6 oz breast *
\$5, 3 for \$13

Pulled Pork
1# - \$11

Our pork is sourced from Ross Family Farms in Sunbury, PA

Toasted Tofu
\$3/\$6/\$11

half block, full block, double block
*Cubed and seasoned with our house spices and
a touch of olive oil, then toasted until golden*

SOUPS & STEWS

all of our soups are gluten-free & dairy-free

Eggplant Stew, vegan
Singles \$4

Landis Turkey & Veg Stew
Pint \$7

Beef, Cabbage & Tomato Stew
Pint \$7

Smoky Beef, Bacon & Bean Chili (spicy)
Quart \$15

Sweet Potato & Black Bean Chili, vegan
Pint \$5

Classic Chili with Turkey Sausage
Pints, \$7

Lentil & Veg Stew, vegan
Pint \$5 Quart \$9

Creamy Cauliflower Soup with Cashew Cream, vegan
Pint \$8 Quart \$12

Tuscan Quinoa & Vegetable Soup, vegan
Pint \$5

Coconut-Pumpkin Soup, vegan
Pint \$5 Quart \$9

Lentils au Vin, vegan
\$9