

# PERSONAL CHEF SERVICE

Our mission is making healthful eating easier!

## MENU C

Order at [www.tkwitch.com](http://www.tkwitch.com) by Saturday, February 2nd

Pick up on Tuesday, February 5th 4p-7p

### STARCHES

*all options are gluten-free*

Buttermilk Smashed Potatoes

1/2 # - \$3.50, 1# \$6.50

Olive-oil Smashed Potatoes, vegan

1/2 # - \$3.50, 1# \$6.50

Basmati rice with roasted chickpeas, vegan

\$ 2.50 / \$5 / \$7.50

single / pint / quart

### HEARTY SAUCES & GRAVIES

*all options are gluten-free*

Classic Chicken & Gravy \$7\*

*gluten-free*

Swedish Meatballs \$7\*

*gluten-free*

Spinach & Mushroom Gravy \$7\*

*portabellas & fresh spinach simmered with ginger & garlic, finished with coconut milk, vegan*

Tomato-coconut Curry Veg \$7\*

*warm spices, lots of ginger and garlic, fire roasted tomatoes and creamy coconut milk, vegan*

### VEGGIES

*all options are gluten-free, dairy-free & vegan*

3 convenient sizes—

singles, pints & quarts

\$3.50/\$7/\$13

Mixed Grilled Veggies

Garlic Green Beans with toasted almonds

### PROTEINS

*all options are gluten-free & dairy-free*

Garlic Landis Chicken, 6 oz breast \*

\$5, 3 for \$13

*\*Landis Poultry is a small family farm in Watsontown, where the chickens are free-roaming and fed a non-gmo vegetarian diet.*

Petite Crab Cakes

\$7.50 for 3

Garlic Tofu \*

\$3/\$6/\$11

half block, full block, double block

Items with an \* are freezer-friendly...  
stash some in the freezer to keep them  
tasting fresher later in the week!

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## SAUCES, SALSAS & DRESSINGS

*all of our options are gluten-free & vegan*

Turmeric Tahini Sauce \$3.50

*a warm, hearty dip perfect for veggies or chips*

Salsa Verde (medium)

\$4 / \$8 / \$16

cup/pint/quart

Lemon-Herb Vinaigrette \$2/\$4.50

## SALADS

*all of our offerings are gluten-free & vegan*

Fruity Quinoa Salad \$4/\$8/\$14

*melon, grape, pineapple & berries*

Cactus Salad \$7

*cactus, tomato, and red onion dressed  
with oregano and olive oil*

Super Green Salad \$7

*mixed greens, cucumbers, broccoli,  
asparagus & snap peas*

## SWEET TREATS

Almond-Apricot Bites \*

4 for \$5, 9 for \$9

*almonds, jumbo medjool dates*

*& organic Turkish apricots*

*gf & vegan*

**One menu of whole food, allergy-sensitive, ready to heat-and-eat items.....  
plenty of combinations to nourish you all week long!**

Taco night: roasted chickpea rice + chicken/tofu + salsa verde + cactus salad

Mediterranean: roasted chickpea rice + grilled veggies + chicken/tofu + lemon-herb vinaigrette

Seafood night: super green salad + crab cakes + lemon-herb vinaigrette

Homestyle: smashed potatoes + hearty gravy + green beans

Indian: roasted chickpea rice + tomato-coconut curry veg + garlic tofu/chicken

Order at [www.tkwitch.com](http://www.tkwitch.com) by Thursday, January 24th

Pick up on Tuesday, January 29th 3p-7p (or by appointment)