

PERSONAL CHEF SERVICE

Our mission is making healthful eating easier!

MENU

Order at www.tkwitch.com by Thursday, January 17th
Pick up on Tuesday, January 22nd 3p-7p (or by appointment)

STARCHES

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

\$2/\$4/\$6

three convenient sizes—singles, pints & quarts

Brown Rice*

Potatoes poached with
extra-virgin olive oil & herbs*

Black Beans w/ a touch of chipotle*

Sweet Potato \$3

extra large potato steamed, split & seasoned with
olive oil & citrus salt...ready for a quick bake in the
toaster oven or warm-up in the microwave

SOUPS & STEWS

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

singles/pints/quarts

Eggplant Stew \$4/\$8 *

a hearty plant based stew with grilled eggplant,
tri-color peppers & onions simmered in a
spiced roasted red pepper sauce
1 cup single/1 pint

Turkey & Veg Stew \$4/\$7/\$13 *

Landis poultry turkey coated with herbs, simmered with
mushrooms, carrots, onions & celery in a hearty gravy

VEGGIES

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

3 convenient sizes—
singles, pints & quarts

Cauliflower Rice \$3/\$6/\$11

Maple-Roasted Brussel Sprouts \$3/\$6/\$11

Mixed Grilled Veggies \$4/\$8/\$14

PROTEINS

all options are gluten-free & dairy-free

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

*Landis Poultry is a small family farm in Watsonswon,
where the chickens are free-roaming and fed a non-gmo
vegetarian diet. They arrive fresh to our kitchen where they
spend 24 hours in a house brine infused with aromatics

Faroe Island Salmon, 6 oz filet *
\$8, 3 for \$20

*Faroe Island salmon is a sustainably farmed in the
Norwegian sea, free from antibiotics, and is listed among
the Seafood Watch recommendations

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 roasted until golden

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

PERSONAL CHEF SERVICE

Our mission is making healthful eating easier!

SAUCES, SALSAS & DRESSINGS

all of our options are gluten-free & vegan

Balsamic \$1/\$5

balsamic vinegar, extra virgin olive oil & a touch of dijon

Thai Peanut \$1.50/\$6

*natural peanut butter, lime juice, fresh ginger,
spices & coconut amino (soy-free)*

Pico de Gallo (mild) \$2/\$5/\$15

*mix of fresh diced & fire roasted tomatoes,
roasted peppers, fresh onion & cilantro*

Hummus \$3 *

garbanzos blended with tahini, lemon juice & spices

SALADS

all of our offerings are gluten-free & vegan

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

*fresh fruit & berries, tri-color quinoa, spinach
& toasted nuts with a touch of agave*

Asparagus Salad \$5/\$9

*Lightly steamed asparagus, broccoli, cucumbers, fresh
parsley & greens with a lemon-herb vinaigrette*

SWEET TREATS

Walnut Fudge Bites *

4 for \$5, 9 for \$9

*walnuts, almonds, jumbo medjool dates
& rich dark cocoa*

Carrot & Spice Bites *

4 for \$4

*a healthier alternative to carrot cake,
these are packed with dried fruit, nuts & spices*

**One menu of whole food, allergy-sensitive dishes that are Fast & Easy to Heat
providing.....Endless combinations to nourish you all week long!**

Winter plate: Protein + Balsamic + Sweet Potato + Maple Brussel sprouts

Asian bowl: Protein + Thai Peanut + Brown Rice + Grilled Veggies

Tacos: Protein + Cauliflower Rice + Black Beans + Pico de Gallo (+ *tortillas*)

Light & Fresh: Protein + Poached Potatoes + Grilled Veggies (+ *fresh lemon wedge*)

Hearty Salad: Protein + Asparagus Salad

Eggplant Stew + Sweet Potato + Asparagus Salad

Eggplant Stew + Cauliflower Rice + Hummus

Turkey Stew + Poached Potatoes

Turkey Stew + Asparagus Salad

Order at www.tkwitch.com by Thursday, January 17th
Pick up on Tuesday, January 22nd 3p-7p (or by appointment)