

PERSONAL CHEF SERVICE

Our mission is making healthful eating easier!

MENU B

Order at www.tkwitch.com by Thursday, January 24th
Pick up on Tuesday, January 29th 3p-7p (or by appointment)

STARCHES

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

\$2/\$4/\$6

three convenient sizes—singles, pints & quarts

Coconut Rice*

Paprika Potatoes

Quinoa*

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

CURRIES & STEWS

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

singles/pints/quarts

Yellow Lentil Curry \$3/\$6 *

fresh ginger, garlic & onion with Indian curry spice, this has a kick! This is a frozen item.

1 cup single/1 pint

Chicken Coconut Curry \$4/\$8*

Landis poultry chicken & veggies in a mild creamy curry

Beef & Cabbage Stew \$4/\$8 *

Grass-fed ground beef & cabbage simmered low and slow in a simple tomato & onion broth

VEGGIES

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

*3 convenient sizes—
singles, pints & quarts*

Turmeric-Roasted Cauliflower \$3/\$6/\$11

Mixed Grilled Veggies \$3/\$6/\$11

Grilled Portabella Mushroom Caps \$1.50 each

PROTEINS

all options are gluten-free & dairy-free

Peri-peri Landis Chicken, 6 oz breast *

\$5, 3 for \$13

This chicken is marinated in a flavorful, mild sauce of citrus & roasted red peppers

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

Roasted Jumbo Shrimp

\$8 for 1/2 pound (10 count)*

\$15 for 1 pound (20 count)

Curry-spiced 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!

PERSONAL CHEF SERVICE

Our mission is making healthful eating easier!

SAUCES, SALSAS & DRESSINGS

all of our options are gluten-free & vegan

Turmeric Tahini Sauce \$3.50
delicious over potatoes, cauliflower or with tortilla chips

Mango Salsa (mild) \$2/\$5/\$15
mango, roasted peppers, red onion & cilantro

Roasted Pepper Hummus \$3 *
garbanzos blended with tahini, lemon juice & spices & swirled with a roasted red pepper sauce

SALADS

all of our offerings are gluten-free & vegan

Fresh Fruit Salad \$4/\$8/\$14
melon, grape, pineapple & berries

Israeli Salad \$4/\$7
tomato, parsley, cucumber and red onion dressed with fresh lemon and olive oil

Apple-Cucumber Salad \$4/\$7
apples, cucumber and red onion dressed with fresh lemon, agave and cilantro

SWEET TREATS

Almond-Apricot Bites *
4 for \$5, 9 for \$9
*almonds, jumbo medjool dates
& organic Turkish apricots
gf & vegan*

Pineapple Coconut Chia pudding parfait \$3
*White chia seeds & coconut milk pudding layered with
honey-grilled pineapple & toasted coconut.
gf & dairy-free*

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

coconut rice + turmeric cauliflower + yellow lentil curry
coconut rice + grilled veg + roasted shrimp + mango salsa
quinoa +roasted shrimp + Israeli salad
paprika potatoes + peri-peri chicken + grilled veg
coconut rice + curry chicken + apple-cucumber salad
quinoa + yellow lentil curry + curry spiced tofu
paprika potatoes + portabella mushroom + Israeli salad

Order at www.tkwitch.com by Thursday, January 24th
Pick up on Tuesday, January 29th 3p-7p (or by appointment)