

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

Menu

(FF) ~ FODMAP friendly/can be altered for FODMAP diet (At a minimum, onions and/or garlic replaced with asafetida and gluten ingredients are replaced with gluten free)

Chicken or White Fish (FF)

WITH ROASTED RED PEPPER SAUCE

Salmon (FF)

ROASTED, WITH BROWN-BUTTER TOMATO RELISH. FODMAP REPLACES WITH MARGARINE.

Cottage Pie (FF)

SEASONED BEEF WITH VEGETABLES, TOPPED WITH GARLIC MASHED POTATOES. GARLIC OMITTED FOR FODMAP.

Red Chili (FF)

BEEF OR TURKEY, RED BEANS, TOMATOES, RED CHILIES. FODMAP OMITS BEANS.

White Chili (FF)

TURKEY, WHITE BEANS, AND GREEN CHILIES. FODMAP OMITS BEANS.

Add Fritos to any chili

Mac & Cheese (FF) (Entrée or side size)

ENTRÉE ADDS DICED HAM

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Pasta

Choose sauce ~ FODMAP versions available.

Quick Beef Bolognese

Puttanesca with Italian Sausage

Choose noodle ~ FODMAP versions available

Spaghetti

Penne

Whole wheat

White Rice (FF)/Brown-Wild Rice Mix (FF)

ADD MIXED VEGGIES TO RICE (FF)

Seasoned Green Beans (FF)

SIMPLY SEASONED AND STEAMED

Roasted Potatoes (FF)

WITH LEMON OR DILL

Corn O'Brien

WITH RED AND GREEN PEPPERS; BACON

Mashed Carrots & Potatoes

Chickpeas & Greens

Caesar Salad (FF)

Larrilyn's Potato Salad (FF)

SMOKY BACON, PICKLE, EGG, CELERY, AND CIDER VINAIGRETTE

Cornbread

Couch Potatoes Secret Menu is currently offline.