

Couch Potatoes

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

Dinner Menu-Week of January 13th

Braised Pork Chops (FF/RS)

TOMATOES, ANCHOVIES, AND ROSEMARY

Sweet Potatoes (FF/LS)

ROASTED WITH CORIANDER

Roasted Brussels Sprouts (FF/RS)

Swiss Steak (FF/RS)

*STEAK CUTLETS SLOW COOKED IN A SAVORY BROWN TOMATO SAUCE.
WANT PORK CUTLETS?*

Wild Rice Pilaf (FF/LS)

Peas & Carrots (RS) or Edamame & Carrots (FF/RS)

Salmon Cakes (FF/LS)

FLAKED SALMON, WITH HERBS

Mac & Cheese (FF/LS)

FODMAP USES BROWN RICE PASTA AND FF CHEESES

Emerald Kale Salad (FF/LS)

ORANGE-GINGER DRESSING

Scarborough Chicken (FF/LS)

*PARSLEY, SAGE, ROSEMARY AND THYME. THEY SING ABOUT IT FOR A
REASON!*

Parsley Carrots

Black Eyed Peas (RS)

TOMATOES & GREENS

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Spicy Garlic Tofu (FF/LS)

GARLIC, GINGER, SOY, CHILI PASTE

White/Brown/Cauliflower Rice (FF/LS)

Bok Choy (FF/LS)

SHIITAKES

Additional Sides

Tavern Green Beans (FF)

*SLOW COOKED WITH TOMATOES AND GARLIC. FODMAP SUBSTITUTES
ASEFETIDA FOR GARLIC*

Couch Potatoes Secret Menu

*WANT TO CHANGE OUT FOR SOMETHING A LITTLE DIFFERENT?
CHECK OUT THE MENU ONLINE.*

Note of FODMAP friendly modifications. Many recipes can be modified for FODMAP. At a minimum, onion and garlic will be replaced with asafetida-especially in those dishes using garlic or onion in the name. Dairy substitutes will be used and gluten omitted. Please ask if you have any questions about the ingredients and we can work together to ensure the right items are used.