

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)

Beef Stew

SLOW COOKED WITH VEGGIES

Meatloaf (FF)

BEEF AND PORK MIX WITH A BACON AND TOMATO GLAZE

Cottage Pie (FF)

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

Herb Roasted Chicken (FF)

SEASONED HALF CHICKEN

Tuscan Chicken (FF)

MUSHROOMS (FF-CANNED), SUN DRIED TOMATOES, ARTICHOKE IN CREAMY SAUCE

Pesole (FF-ish)

PORK AND HOMINY STEW. FODMAP SAFE IN MODERATION; HOMINY MIGHT NOT BE TOLERATED.

Pasta

Choose sauce ~ FODMAP versions available.

Beef Bolognese ~ Puttanesca with Italian Sausage ~ Puttanesca with Tuna

Choose noodle ~ FODMAP versions available

Spaghetti ~ Penne

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Rice

*WHITE OR BROWN PILAF
CORN RISOTTO*

Roasted Cauliflower

CHOOSE CHEESEY OR BUFFALO

Southern Green Beans (FF)

SLOW COOKED WITH BACON

Peas Milanese (FF)

GLAZED, WITH CELERY (FF USES CANNED)

Chili-Lime! (FF)

ZUCCHINI, POTATOES, CAULIFLOWER

Mashed Sweet Potatoes (FF)

Carrots (FF)

SAUTEED AND FINISHED WITH BUTTER AND PARSLEY

Caesar Salad (FF)

Potato Salad (FF)

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

Couch Potatoes Secret Menu is currently offline.