



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 Picatta (FF)

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

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 OR ITALIAN SAUSAGE

Couch Potatoes

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Pasta

Choose sauce ~ FODMAP versions available.

Beef Bolognese ~ Puttanesca with Italian Sausage

Choose noodle ~ FODMAP versions available

Spaghetti ~ Penne

Roasted Brussels Sprouts

Roasted Cauliflower

CHOOSE CHEESEY OR BUFFALO

Southern Green Beans (FF)

SLOW COOKED WITH BACON

Corn Risotto (FF)

LIGHT DISH WITH CORN AND ARBORIO RICE

Seasoned Summer Squash (FF)

SIMPLY SEASONED AND STEAMED

Lemon Roasted! (FF)

CHOOSE ZUCCHINI OR POTATOES

Mashed Sweet Potatoes (FF)

Carrots (FF)

WITH PEAS OR EDAMAME

Caesar Salad (FF)

Potato Salad (FF)

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

Cornbread

Couch Potatoes Secret Menu is currently offline.