

BAJA TRAY BAKE

A classic Mexican inspired meal with layers of **fresh made pico de gallo**, our **secret spicy house sauce**, peppers, scallions, jack cheese, brown sticky rice and black beans.

Available with the following protein options-

***Mushroom "Carne" (Vegetarian, GF)**

***Vegan Tofu with Sweet Potato BBQ instead of House Sauce and Coconut Cheese (Vegan, GF)**

***Organic Chicken... Wilmington only, coming soon to other areas**

***Grass Fed Beef... Wilmington only, coming soon to other areas**

Ingredients- Brown rice, black beans, jack cheese, corn tortillas, pico de gallo (tomato, onion, jalapenos, lime juice, salt, pepper), roasted red peppers, tomato sauce (onions, garlic, olive oil, tomatoes), spicy house sauce (mayonnaise, yogurt, sriracha, lemon)

SWEET POTATO SHEPARD'S PIE

A **vitamin packed** healthy version of an old classic. Sautéed kale, **roasted sweet peppers**, **smoked mushrooms** and a tangy balsamic glaze make this a filling entrée or great side dish.

Available with the following protein options-

***Mushroom "Carne" (Vegetarian, DF, GF) (Contains Eggs)**

***Grass Fed Beef... Wilmington only, coming soon to other areas**

Ingredients-sweet potatoes, tomato, almond milk, red peppers, kale, balsamic vinegar, mushrooms, sea salt, onion, garlic, black pepper, olive oil

LAYERED ITALIAN TRAY BAKE

Two different versions of an Italian classic. One has fresh pasta sheets and includes a **nut free kale pesto** and **roasted tomatoes**. Great carbs for a pre-race dinner. The other is a very light GLUTEN FREE version with **fresh spinach** and **sundried tomatoes**.

Available with the following protein options-

STYLE #1: TRADITIONAL WITH NUT FREE KALE PESTO:

***Veggie with Mushroom "Carne" (Vegetarian) (Contains Eggs)**

***Grass Fed Beef... Wilmington only, coming soon to other areas**

STYLE #2: GLUTEN FREE SPINACH AND PARMESAN:

***Veggie with MUSHROOM CARNE (Vegetarian, GF)**

***Organic Chicken... Wilmington only, coming soon to other areas**

Ingredients vary based on the styles listed above.

ORGANIC BREAKFAST CASSEROLES

*Organic Eggs with GF English Muffins, Peppers, Spinach and Parmesan Cheese

*Organic Eggs with Mushroom “Carne” Spiced New Potatoes, GF English Muffins and Jack Cheese

*Organic Eggs “Surfer Style” Black Beans, Brown Rice, Pico de Gallo and Jack Cheese

CHICKPEA SWEET POTATO ENCHILADAS

Incredible flavors make this a popular choice. Sweet potatoes, chic peas, peppers and scallions are wrapped in corn tortillas with a killer tomato sauce with almonds, lime, oregano and spices.

Available with the following protein options–

***Mushroom Carne (Vegetarian, DF, GF)** (Contains Eggs)

***Organic Chicken...** Wilmington only, coming soon to other areas

Ingredients- Chic Peas, Roasted Red Peppers, Corn Tortillas, Tomatoes, Sweet Potatoes, Mushrooms, Almonds, Lime Juice, Onions, Oregano, Cumin, Olive Oil, Salt, Pepper

SPAGHETTI SQUASH TETRAZZINI

A much needed gluten free, vitamin packed, update on tetrazzini. Real cream gives a comforting richness to the sauce but we add a touch of lightness with coconut milk (you can't even taste it) and mushroom broth. Some classic recipes use mushrooms, others use green peas...so we used a little of both to add more vitamins and minerals. A great vegetarian entrée or a great side dish for meats or poultry.

Available with the following protein options–

***The Original (Vegetarian, GF)**

***Gluten-Free Crispy Organic Chicken...** Wilmington only, coming soon to other areas

Ingredients: Spaghetti squash, Green peas, Mushrooms, Cream, Onions, Garlic, Coconut Milk, Parmesan, White Wine, Salt, Pepper, Olive Oil

COCONUT VEGGIE CURRY

This is a deeply flavored coconut curry sauce with fresh lime, cilantro, ginger and warming spices. It's served over assorted veggies, sticky brown rice.

Available with the following protein options-

***Pressed Tofu (Vegan, GF)**

***Organic Chicken... Wilmington only, coming soon to other areas**

Ingredients- Sticky Brown Rice, Carrots, Cauliflower, Kale, Tomato, Coconut Milk, Ginger, Lime Juice, Cilantro, Onion, Garlic, Salt, Pepper, Curry Spices

*****SEASONAL CASSEROLES ARE AVAILABLE*****

Please call for our latest list (910) 679-4216

**SPECIAL ORDERS ARE WELCOME
(MONDAY THRU THURSDAY WITH A 24-HOUR NOTICE)**