



## MENU OF THE WEEK

Order by Wednesday November 13<sup>th</sup> at 3:00pm  
or until ordering is closed.

**Manhattan + Brooklyn + LIC / Astoria**      **Delivery Options**

Sunday November 17th      8:00 am – 1:00 pm

Monday November 18th      8:00 am - 1:00 pm

\*\* Astoria + LIC times Sunday 10:0am to 1:00pm



**What's special this week....**

***EARLY ORDER BONUS! ORDER TODAY (SUNDAY) AND RECEIVE A BATCH OF  
OUR NEW YUMMY OATMEAL M&M COOKIES (nut free).***

### **Mini Beef Meatloaves!!**

Fun mini beef meatloaves glazed with a little mild BBQ sauce and sent with crisp green beans and mashed red potatoes. Yum. ***New!***



***Bon Appétit, Enjoy, Provecho!***

*Jennie*



- *New This Week* -  
*Portion      Single \$19.80    Regular \$33    Large \$40*

## **New This Week**

### **Beef Short Rib Pot Pie! *New!***

Tender beef short ribs braised for hours in beef stock, herbs and a little wine. Shredded and mixed with a little carrots and baby cubes of potato then stuffed into a double crust pie shell. So yum and great for the cold weather. With a simple mixed green salad with blue cheese dressing (on the side). *Sorry, not available in the 'individual' size.*

### **Tilapia with Orange Buerre Blanc & Beet Pico *New!***

Tender tilapia pan roasted and bathed in a luscious Meyer lemon & orange buter sauce. Sent with a cool beet 'pico' which is fresh beets cubed and mixed with a little onion, lemon & tarragon. The cool beet salsa over the warm tilapia is a great combo. With simple stramed cauliflower to enjoy with allthe pops of flavor that come from the two sauces. *(GF)*

### **Spaghetti Squash Boats with Creamy Chicken & Bacon *New!***

Tender spaghetti squash boats filled with a mixture of bite sized sauteed chicken breasts, spinach and a little alfredo sauce. Topped with crispy bacon bits and mozzarella. Yum. With colorful buttered carrots on the side. *(GF)*

### **Buffalo Chicken Meatballs with Celery Almond Salad & Blue Cheese!**

Delicate chicken meatballs in a fun Buffalo sauce. Served with a yummy salad sweet from dates, sour from lemon, bitter from celery, and salty from Parmesan, this humble salad manages to get all taste buds firing at once. Also with home made blue cheese dressing on the side. *(GF, contains nuts)*

### **Chicken Caesar Burgers with Asiago Frico**

Tender chicken burgers, brioche buns, Asagio cheese crisps, romaine lettuce and the best ever home made Caesar make these burgers so yum! With roasted sweet potato wedges.

### **Swamp Chili!**

Yummy but crazy! This stew is like a pozole but with meatballs! Little chicken and pork meatballs in a savory poblano broth with fresh spinach and hominy, This is our new favorite chili. Served with avocado & lime for topping and simple cheese quesadillas.

### **Miso Caramel Glazed Salmon with Sushi Rice!**

The tastiest rice is seasoned sushi rice. It has vinegar, salt, and sugar added to develop a wide range of flavors, making it a dynamic counterpart this yummy salmon baked with a glaze made from maple syrup, miso, & tamari.*(GF)*

### **Carne en Su Jugo!!**

The dish is somewhere between pho and a plate of carne asada tacos. It's a brothy stew of finely chopped skirt steak and tender beans in an intensely savory beef stock fortified with Worcestershire and soy sauces, onions, garlic, and tomatillos. Served with corn tortillas, lime, cilantro & onion, cotija and bacon for toppings and 'sopa de fideo seco', which is fideo pasta cooked in tomato & a hint of chipotle.



### **Wonton-Less Wonton Soup!**

Yummy chicken meatballs made with ground chicken, toasted sesame oil & cilantro and chives... so they taste just like the inside of a wonton! The soup also has enoki and shitake mushrooms and bok choy. Sent with cilantro, lime and bean sprouts for a garnish. This soup is a meal on it's own! With orange wedges to cleanse your palate. *(GF, DF)*

### **Sopa Azteca!**

A hearty version of chicken tortilla soup made with mild, smokey pasilla chilis. Served the traditional way with crispy tortilla strips, avocado, Mexican Crema and lime. The side dish for this one is the BEST... Queso Fundido with chorizo! Ready to broil melty cheese with chorizo sent with flour tortillas for wrapping

### **Swedish Meatballs**

A classic for a reason! Tender ground beef and veal with a little ricotta keep these meatballs ultra light and moist. In a savory beef stock-dill-cream sauce. With mashed potatoes, peas and lingonberry jam on the side. Yum!

### **Salmon Burgers with Red Bell Pepper Aioli**

Most salmon burger recipes call for canned salmon, but we use fresh filets that we grind in house for ultimate flavor. Here we make the patties with a little red pepper mayo in the mix as well as send it on the side. With roasted red peppers red pepper aioli and brioche buns. With a yummy quinoa salad made with cucumber, tomato and jicama.

## **Vegetarian**

### **Shaved Brussels Sprout, Sun-dried Tomato & Truffle Pizza**

Brussels sprouts on pizza! Yum. We layer ours with 3 kinds of cheese and drizzle with chili oil and truffle oil. With a romaine salad with champagne garlic honey vinaigrette.

### **Japanese Vegetable Pancakes**

A traditional Japanese dish made with cabbage, carrot, kale, scallions a little flour and egg. Served with Okonomiyaki sauce (think Japanese BBQ), steamed sushi rice and a pickled cucumber salad.

### **Fresh Corn Quiche**

Fresh corn makes this quiche irresistible...with a butter lettuce salad.

### **Vegetarian Black Bean Soup with Mushroom Quesadillas**

A yummy black bean soup served with pico de gallo for topping plus caramelized onion quesadillas.

### **Zucchini Fritters**

Yummy zucchini fritters with a lemony creme fraiche on the side and cauliflower leek gratin.

### **Fried Green Tomatoes *New!***

Green tomatoes are available just a few times a year and now is one of them! Traditional cornmeal crusted and pan fried to add a nice crunch. With home made dill ranch sauce and a cheezy veggie orzo bake on the side (orzo, tomatoes, zucchini & mozzarella).

### **Penne a la Vodka**

Decadent! Baked tomatoes reduced to a jammy consistency then pureed with a little cream makes this sooo good. With ready to boil Italian penne and a fresh arugula salad with Meyer Lemon vinaigrette.



## Taco Tuesday!!!

### **Chicken in Salsa Verde Tacos! *New!***

Tender chicken breast simmered with tomatillos and poblanos. Served with cabbage, radish, lime and cotija-cilantro crema. With corn tortillas and black beans. Yum! *(GF)*

## JK Classics

### **Grandma Jan's Bolognese Sauce**

A light version of the classic with grass fed beef, fresh basil and San Marzano tomatoes. With spaghetti or zucchini noodles and a Caesar salad & dressing. *(GF if you choose zucchini noodles)*

### **Whole Roasted Chicken with Lemon & Thyme**

Tender organic whole chicken (partially cut off the bone) roasted with Meyer Lemons, fresh thyme and garlic. Served with rosemary mustard potatoes. Yummy & healthy! *(GF)*

### **Gwyneth Paltrow's Salmon Burgers**

Fresh ground salmon burgers with an Asian flair. Served with steamed cauliflower and sriracha aioli. *(GF and dairy free, contains sesame!)*

### **Turkey Meatballs in Tomato Sauce**

With zucchini noodles or spaghetti (just tell us which you prefer) *(GF, Dairy Free)*. Extra Sauce

### **Chicken with Curry, Coconut, Mandarins and Banana!**

A real favorite recipe from our Swedish friends. Slow roasted chicken, taken off the bone and simmered with coconut milk, mild curry, bananas and mandarin oranges. With basmati rice. *(GF, Dairy Free)*

## Burritos !!

All burritos come with 3 per order and are \$8.50 per order. They are great for breakfast or a snack!

### **Turkey Sausage & Egg Burritos**

Organic turkey breakfast sausage and fluffy eggs

### **Black Bean & Muenster Cheese Burritos**

Yummy home made black beans, muenster and a really great tortilla make these a favorite.

### **Turkey, Spinach & Sweet Potato Burritos**

Back by popular demand Yummy ground turkey, oven roasted sweet potatoes and fresh spinach.

### **Veggie, Egg & Cheddar Breakfast Burritos**

Organic eggs, cheddar, red onion, zucchini & mushrooms

### **Beef & Cheddar Burritos**

A copy-cat of Taco Bell! Ground beef with a little tomato and chili spice with cheddar.

### **Chicken Machaca Burritos**

Tender chicken, mild poblanos, caramelized onions and tomato wrapped in a flour tortilla. So simple but so good!



### **Veggie Sides.....**

Add more veggies to the table! Each comes in a 32oz container. \$16 each.

#### **Just Fresh Corn**

Lightly sauteed fresh corn and a little butter. Yum.

#### **Maple Roasted Brussels Sprouts with Raisins**

Tender brussels sprouts roasted with a little maple and raisins.

#### **Veggies & Orzo**

Orzo, kalamata olives, tomatoes and feta cubes. Yum.

#### **Colorful Carrots with Honey & Lemon**

Little carrots in different colors with a yummy honey-butter-lemon zest glaze. Yum.

#### **Just Black Beans**

Home made beans are soo much better than canned! We simmer ours for hours with a little onion then mostly mash so the result is creamy goodness with still a few whole beans present. Use to make delicious Molletes or Enfrijoladas for breakfast (**recipe card included!**).

### **Cookie Dough...**

Ready to bake...each \$14

#### **Mini White Chocolate Dark Chocolate & Caramel Chip Cookie Dough**

#### **Valhrona Chocolate Chip Cookie Dough** (6 large or 12 small cookies)

Delicious cookie dough ready to bake. Keep these in the refrigerator for 5 days or freeze for up to 2 months.

#### **Salted Butter Chocolate Chunk Shortbread Cookie Dough** (makes 10-12 cookies)

#### **Oatmeal Peanut Butter Dough** (6 large or 12 small cookies)

#### **Funfetti Cookie Dough** (6 large or 12 small)

### **Yummy Baked Goods + Treats \$16 each**

#### **Spinach Cake Muffins!!!** (12)

What a fun idea... brought to me by one of you! Little mini muffins made with fresh spinach and applesauce (pls all the regular cake stuff, but very little sugar). A great way to get the kids to eat veggies!

#### **Cauliflower-Carrot Cheesy Tots with Sriracha Ketchup!**

Think 'tater tots' but no potato! Cauliflower, carrots, cheddar, egg, gluten free panko. Yum. We send the addicting ketchup on the side. A great way to get the kiddos to eat their veggies!

#### **Raspberry Oat Bars** (6)

Oats, brown sugar, butter... raspberries and a hint of lemon all baked together in a layered goodness!



**Chocolate Chocolate Cake Squares, 6**

Ultra moist chocolate cake squares made with Valrhona chocolate. Yum.

**Whole Wheat Pop Tarts with Raspberries & Pears (6)**

**Protein Packed Banana Blueberry Pancakes!**

**Peanut Butter & Chocolate Energy Bars (6)**

Peanut butter, chocolate, dates... no added sugar. A great snack! (GF)

**Best Ever Banana Bread**

**Chocolate Chip Zucchini Bread (dairy free!)**

**German Apple Bread!**

A favorite is back. Full of apples, extra moist.

**Breakfast.....**

Each is \$16.00

Make morning easy with these yummy B-Fast items!

**Ham & Cheese Mini Croissants**

Perfect for breakfast-pop into the microwave 25 seconds and yum! 3 ham and cheddar and 3 ham and Swiss mini croissants.

**Banana Oatmeal Blueberry Breakfast Cookies (GF, egg free, dairy free, nut free)**

Bananas, oats, dates blueberries. These will be your new favorite breakfast!

**Fines Herbs Frittata Cups (GF) (6)**

A hand held version of the Fines Herbes Omelette at Jean Georges! More egg whites than yolks baked with a little cheese and finely chopped mint, chives and tarragon.

**Mini Broccoli, Ham & Cheddar Egg Frittata Cups (GF) (6)**

Eggs, mushrooms, ham & broccoli & cheese baked to perfection.

**Sausage, Egg & Cheese Muffins (5)**

English muffins with fresh organic eggs, sausage & cheddar

**Anytime Snacks.....**

Each is \$16

**Winter Fruit Salad, 1 32oz container**

In season chopped fruit. Pineapple, orange, apples, grapes

**Grilled Cheese Squares! *New!***

Two cubes filled with little grilled cheese squares made from Balthazar's Pan de Mie, muenster & cheddar. Pair this with our Roasted Tomato Soup for a week of after-school-snacks for cold weather!

**Turkey & Cranberry Mini Croissants (6)**

Fresh sliced turkey breast layered with cranberry. Yum!



**Chicken Salad Croissants (6)**

Tender shredded chicken breast mayo celery on fresh mini croissants.

**Chicken & Veggie Nuggets (10)**

These little nuggets are made from ground chicken & ground veggies then coated in panko and baked. So healthy! Serve with your favorite sauce.

**Chicken Buns! (6)**

Soft brioche rolls, flash fried boneless chicken breast and pickles. Like our box-o-burgers, but chicken!

**Chicken Tenders with Marinara**

Panko coated and flash fried chicken tenders with home made marinara.

**Box-O-Beef Burgers! (6)**

Little grass fed beef sliders on mini potato rolls. The perfect after school snack... heat for 30 seconds and eat!

**Box-O-Turkey Burgers! (6)**

Organic turkey and little potato rolls... yum.

**Soups \$16 each**

Serves 2 adults, 1 toddler as a side dish.

**"Flu Season" Chicken Soup**

Organic chicken, carrots, celery, leeks & herbs... so yum. No noodles, just lots of veggie goodness. *(dairy free)*

**Roasted Veggie Soup *(GF, dairy free)***

Tomatoes, carrots, zucchini & Shallot slow roasted then pureed. Roasting gives the veggies a natural sweetness and depth of flavor! Yum.

**Pureed Zucchini Soup *(GF, dairy free)***

**Split Pea *(GF, dairy free)***

**Roasted Tomato Soup *(GF, Dairy Free)***

**Salads \$17 each**

**Best Ever Home made Caesar**

Baby romaine, Parmesan, home made mini sourdough croutons & our own home made Caesar dressing.

**Farro & Beet Salad with Creamy Lemon Dressing**

I copied this from a restaurant in Chicago called Publican. It is the best beet salad I have ever had! Cubed roasted beets, farro, little bits of orange, a little cucumber, parmesan and a creamy lemon vinaigrette.

**Greek Salad *New!***

Romaine, tomato, kalamata olives, cucumbers & feta. With a yummy oregano vinaigrette.

**Just Chicken Salad *New!***

Tender shredded chicken breast, mayo, celery.

**Just Salmon Salad *New!***

Poached and chilled salmon, mayo, dill. Yum.



## Quick Snacks

Each is individual sized and sent in a 12oz container \$6.50

### **Pasta con Ceci** *New!*

Ditalini pasta, chickpeas, tomato and a little garlic. Yum.

### **Beef & Lentils with Veggies** *New!*

Ground beef, lentils, tomatoes, carrots, celery, tomato all stewed together for a super healthy winter snack!

### **Beef-a-Roni!**

Gemelli pasta, grass fed beef and tomato brings us back to the olden days and Beef-a-Roni as an after school snack! Yum.

### **Home made Spaghetti-o-s with mini grass fed beef meatballs**

### **Chicken & Broccoli Penne Alfredo!**

Mini penne pasta, small pieces of broccoli and chicken in a creamy sauce.

## Grown Up Quick Snacks.....!!!

Each is individual sized and sent in a 16oz container. \$8 each

All over France I had amazing salad-ish mostly with hummus based snacks... in the gourmet stores, in the train station.. they were everywhere and they were so good! Each item is layered on top of the next so the result is a fork or spoon full of goodness in every bite. All are intended to be eaten cold or room temperature. Here are a few of my favorites.

### **Beets & Greens** (vegan)

Beet hummus, cubed balsamic roasted beets, whole chickpeas, arugula and toasted sunflower seeds.

### **Red Quinoa & Goat Cheese Salad** (vegetarian, contains nuts)

Red quinoa, whipped hummus with goat cheese, fresh apple, apricots, parsley, white balsamic, goat cheese crumble & walnuts for crunch.

### **Lentil Veggie Salad** (Vegan)

Lentil salad with micro chopped veggies and a little balsamic... topped with shredded carrots, arugula, tomato and micro greens.