



MENU OF THE WEEK

Order by Wednesday January 15th at 3:00pm
or until ordering is closed.

Manhattan + Brooklyn + LIC / Astoria	Delivery Options
Sunday January 19 th	8:00 am – 1:00 pm
Monday January 20 th	8:00 am - 1:00 pm

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



What's special this week....

French Onion Soup Stuffed Meatloaf!

This GF meatloaf is a flavor explosion! First we caramelize onions with beef stock and red wine then roll them into our beef & veal meatloaf, layer it with fresh mozzarella and bake to perfection. We send extra demi glace jus on the side for serving. With green beans and mashed potatoes (or mashed cauliflower). Please specify which you prefer. **New!**



Bon Appétit, Enjoy, Provecho!

Jennie



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

New This Week

Beef Borguignon Pot Pie *New!*

We love pot pies around here so this week we are taking Julia Childs' recipe for Boeuf Bourguignon with baby onions, bacon, mushrooms, carrots, herbs and wine and putting it into a double crust pie. With our favorite Caesar Salad.

Korean Beef Lettuce Wraps *New!*

Thinly sliced filet mignon marinated with little tamari, ginger, sesame oil and pan seared. Sent with lettuce leaves, pickled cucumber & red onion and shredded carrots for topping. Super light and fresh and carb free. With sriracha roasted sesame cauliflower on the side. *(GF, Dairy free, contains sesame)*

Pozole Verde

Tender shredded pork & hominy in a yummy broth. Sent with all the fun Toppings: shredded cabbage, radish, onion & lime. YUM! With simple cheese quesadillas.

Baked Salmon with Mango Chili Sauce *New!*

Salmon filets dusted with a little paprika and roasted. Sent with our soo good mango chili sauce and a yummy side of small chopped roasted cauliflower mixed with quinoa, dried cranberries and a little cilantro.

Piri Piri Chicken Meatballs! *New!*

My son has been talking about a restaurant in the UK called Nando's for at least a year...so when we went to Edinburgh over Christmas we walked past a 'Nando's' and had to stop in for lunch. Their whole menu is built around Piri Piri peppers and the food was excellent. I brought home some of their Piri Piri sauce and I believe I have copied it pretty closely...the mild version! Tender chicken meatballs baked with a little piri piri sauce in the mix served with more piri piri sauce for drizzling, lemon scented yogurt for serving and roasted cauliflower/broccoli. *(GF, DF if you skip the yogurt)*.

Corn Flake Chicken! *New!*

Tender chicken breasts coated with corn flakes and baked. The cornflakes keep in all the juices making this a yummy dish. With buttered baby carrots and home made honey mustard sauce on the side.

Extra Juicy Turkey Meatloaf with Sausage & Apple Stuffing Bites! *New!*

Tender turkey meatloaf sent with home made turkey gravy and super fun stuffing bites made from sausage, apple & sourdough. Yum!

Napa Valley Chicken *New!*

Tender and juicy chicken breast baked in a sweet and savory tomato, onion, and garlic sauce.. so tender and so full of flavor. With white rice and broccolini. Healthy comfort food at it's best! *(Dairy Free)*

Baked Chicken Meatball Stew

Inspired from a recipe from a Danish restaurant. First we make yummy tender chicken meatballs with just a little turmeric for color then bake them and add them to a light spring stew made with mushrooms, celery, leeks, potato and mushrooms. With a yummy potato & leek galette on the side. Yum.



Rosetti!

Delicate sheets of pasta rolled with Italian ham & fontina cheese then rolled and cut into little 'rosettes'. Then we put them in an oven proof dish and serve a creamy sauce on the side.... pour the sauce over and pop in the oven for an amazing kid friendly comfort food meal. Served with steamed baby broccoli.

Jessica Alba's Turkey Meatballs

Turkey meatballs filled with chopped veggies (carrots, zucchini) then simmered in a little chicken stock so they are moist and tender. Served with a yummy broccoli cheese orzo recipe from Weelicious!

Mustard Maple Roasted Salmon

Tender salmon filet roasted with a mustard maple glaze.. a hint of sweet with the savory dijon makes this a yummy dish. With sauteed baby squash.(GF)

Vegetarian

Purple Sweet Potato Soup with Roasted Mushrooms

This healthier Japanese spin on loaded potato soup utilizes purple potatoes for a cool color your kids will love. Blending antioxidant-rich purple sweet potatoes with coconut milk makes this soup creamy, rich, and tasty without adding tons of extra fat, sugar, or heavy cream. With roasted mushrooms on the side for topping. Served with BBQ veggie Quesadillas.

Herb Crusted Cauliflower with Cherry Tomato & Bean Salad

Yummy colorful cauliflower with an herb and panko crust roasted until tender. Served with a yummy salad (that can be eaten warm or cold) made from green beans, white beans, cherry tomatoes, parsley, garlic and chives. Yum!

Vegetarian Minestrone Soup

Full of veggies and a few canellini beans. Served with olive oil/garlic/ricotta pizza .

Spinach & Mushroom Lasagna

Fresh lasagna noodles layered with fresh spinach, mozzarella, parmesan, mushrooms and a simple tomato sauce. With a baby romaine salad with creamy lemon vinaigrette.

Baby Squash Sautee with Chickpea Pesto *New!*

Many kinds of baby squash sauteed and sent with a yummy home made chick pea & basil pesto. Sent with brown rice.

Red Borscht

A traditional vegetable soup made for centuries throughout Eastern Europe and well loved in Russia and Poland, borscht has origins in present-day Ukraine. A yummy veggie soup made with beets, leeks, carrots, kale, caraway, a little cabbage and a little potato. So good for you! Sent with a lemon horseradish cream on the side for topping and a chunky apple-pear compote (GF, dairy free (if you skip the horseradish), low carb).



Taco Tuesday!!! **New!**

Chipotle Rubbed Salmon Tacos!

Tender salmon filet rubbed with a little smokey chipotle and baked. Sent with corn tortillas, shredded cabbage and a cucumber pico de gallo. With lemony aioli too. Yum. Spanish rice on the side..

JK Classics

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)*

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)*

Free Form Chicken Pot Pe

Chicken breast, peas, carrots, leeks, herbs and a little cream. With steamed rice. *(GF)*

Turkey Meatballs in Tomato Sauce

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

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)*

Tea Sandwiches..... **New!**

My newest obsession.... perfect little sandwiches ready to grab and satisfy the little ones or grown ups! We start with the very best bread ever...from Balthazar Bakery then add yummy ingredients and deliver them to you in cubes so you can stack your fridge full of yummy snacks.

All come in a cube with 6+ pieces. Each are \$12

Cheddar & Fig

English white cheddar & fig jam on whole wheat nut bread.

Tuna & Rocket

Tuna, mayo & arugula on whole wheat (no nuts).

Roast Beef & Pear

Thinly sliced roast beef with home made pear chutney on pan de mie (white bread).

Ham, Pickle & Esplette Mustard

French ham, smokey (not spicy) Esplette mustard and very thinly sliced pickle on pan de mie. Yum!

Egg Salad & Watercress

Traditional egg salad with mayo and watercress on whole wheat (no nuts).



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

BBQ Chicken Burritos

Tender chicken, mild BBQ sauce, chopped fresh cilantro and jack cheese.

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.

Beef & Cheddar Burritos

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

Ready to Bake Cookie Dough.....

Each is \$14 and contains 6 large cookie dough balls that can easily make a dozen cookies.
ALL ARE NUT FREE

Mini White Chocolate Dark Chocolate & Caramel Chip Cookie Dough

Vallrona 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!

Protein Packed Banana Blueberry Pancakes!



Peanut Butter & Chocolate Energy Bars (6)

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

Chocolate Chip Banana Bread

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!

Turkey Spinach & Sweet Potato Hash

So yum for breakfast! We roast sweet potato squares then sautee ground turkey with spinach then toss it all together. (DF, GF)

Beef & Green Chili Hash

Ground beef, roasted yukon gold potatoes and mild roasted hatch chilis. Yum.(DF, GF)

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

Mac & Cheese Bites (6)

Elbow mac, cheddar & parmesan with a little organic eggs baked into little 'muffins' super easy for the little ones to pick up and eat.

Pizza Muffins (6)

Pizza dough shaped into little muffins and stuffed with mozzarella and pizza sauce. Yum.



Grilled Cheese Squares!

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!

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.

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

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.

Many Bean Salad

Blanched green beans, canellini beans, chickpeastossed with shredded carrots, finely sliced celery for crunch and sent with a yummy honey mustard dressing.

Greek Salad

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

Sugar Snap Salad with Miso Dressing

Nappa cabbage, radish, fresh sugar snap peas, scallions & sesame seeds. With a honey miso dressing.



Quick Snacks

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

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. \$8.25 each. *All include sesame and pine nuts.*

Beets & Greens (vegan)

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

Sushi Salad! *New!*

Sushi rice, pickled carrots, cucumber, poached shrimp, sesame seeds and fresh wasabi micro-greens!

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.