



MENU OF THE WEEK

Order by Wednesday April 1st at 3:00pm
or until ordering is closed.

Manhattan + Brooklyn + LIC / Astoria Delivery Options

Sunday April 12 th	8:00 am – 1:00 pm
Monday April 13 th	8:00 am - 1:00 pm
Hamptons April 13 th	10:00am – 2:00pm

** Astoria + LIC times Sunday Only 10:00 am to 2:00 pm

What's special this week....

Italian Beef Sandwiches!!

Have you ever had an Italian Beef? I had not until a recent business trip to Chicago.... and now I am hooked! Tender chuck roast simmered for hours with a little Italian seasoning, fresh baked soft but firm hero rolls, home made giardiniera, au jus dipping sauce and oven baked french fries....Build these sandwiches for the perfect comfort food dinner! Yum! (DF)**New!**



Bon Appétit, Enjoy, Provecho!

Jennie



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

New This Week

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 sauteed baby broccoli with a little garlic.

Chicken Enchiladas in Salsa Verde!

Tender chicken breast stuffed into yummy corn tortillas and send with a mild tomatillo sauce and jack cheese. Sent with crumbly cotija cheese & sour cream for topping plus yummy black beans. Yum. (GF)

Roasted Turkey Gyros! *New!*

Tender turkey roasted with Greek spices and thinly sliced.. sent with all the fixings for a fun Gyro: naan bread, tzatziki sauce & lettuce and tomato & pickled red onions. With lemony Greek style potatoes.

Slow Roasted Mustard & Tarragon Salmon

Super tender and so healthy... salmon topped with a combination of lemon, thyme, shallot and mustard and slowly roasted. With mashed cauliflower (GF,DF).

Mexican Lasagna!

This Mexican lasagna is layers fresh lasagna, cheddar cheese, fresh corn, pinto beans and ground beef, all ready to bake until golden brown & bubbly. The ultimate Mexican casserole. With fresh pico de gallo and a romaine salad with cilantro ranch.

Spanish Style Salmon in Salsa Verde

Salmon filet in a 'verde' sauce made from parsley, garlic and white wine. Served with wild mushroom quinoa.(DF)

Chicken Caesar Burgers with Asiago Frico *(Back by popular demand!)*

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

Magic Crispy Chicken

Tender boneless skinless chicken thighs baked with a light GF panko coating to make it super crisp... and healthy because it is not fried! Sent with a creamy mustard dipping sauce the kids will love. Also with maple mashed sweet potatoes. (GF, low carbs).

Jack Daniels Salmon!

Tender salmon baked in a sauce made from Jack Daniels, a little molasses, garlic and tamari. Sounds odd, but it is sooo good. A little sweet and a little savory (and the alcohol cooks off!). Served with market baby carrots and squash.(GF,DF).

Spiced Lamb Burgers

Tender ground lamb with Greek spice inside a pita. As the lamb cooks inside the pita, the fat will render into the bread, creating a crunchy, compact, vibrantly flavored meat pie that's unlike any burger you've ever had. *Warning:* when you get these they will seem soggy (because they will be cold)but heat them in the oven as instructed and the result will be a not soggy at all, slightly crunchy pita with juicy lamb inside. So good! Served with a yogurt cucumber sauce and big slices of Bulgarian feta alongside the best summer tomatoes and a little thinly sliced red onion.



Cantina Night Filet Mignon

A recipe from our favorite Cantina in Mexico City...Tender filet mignon wrapped in bacon and baked at 500 with mustard/garlic butter, celery, green olives and mild jalapenos. Sent with a Mexican style baguette to soak up the juices, corn tortilla quesadillas & salsa on the side.

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.

Roasted Garlic, Feta, Tomato & Rosemary Meatballs

Roasting garlic makes it sweet and delicious. These juicy turkey meatballs have roasted garlic, crumbled feta, chopped tomato and little bits of fresh rosemary. Yum. Served with a veggie orzo primavera.

Maple Balsamic Pulled Pork Sliders!

So yummy! Tender roasted pulled pork simmered in our home made not too sweet maple balsamic BBQ. Served with yummy brioche buns and purple cabbage & chives for topping. Served with four cheese mac and cheese.

Vegetarian

Carrot Tart with Ricotta & Herbs

Puff pastry topped with a light ricotta & goat cheese mixture, caramelized onions and shaved carrots. Finished with a sprinkle of fresh dill.. the perfect spring meal. With a mixed green salad with lemon-truffle vinaigrette. Yum. **New!**

Okinawa Sweet Potato Ravioli **New!**

Yummy Okinawa sweet potato made into a ravioli! Ready to boil... cook the then toss with the provided Parmesan sage butter and yum! With a romaine salad with thyme shallot vinaigrette.

Spinach Burgers

One of our favorites. Spinach mixed with a little panko, jack cheese, onion and herbs and made into yummy patties. With oven roasted lemony fingerling potatoes.

Vegetarian Black Bean Soup with Mushroom Quesadillas

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

Traditional Eggplant Parmesan

Tender eggplant layered with mozzarella, home made marinara and Parmesan. With a simple arugula salad (*GF*).

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!!!

Shredded Beef & Cheese Tacos

Tender shredded beef simmered with mild poblanos & tomato then topped with jack cheese.. ready to bake for a bubbly goodness! With flour tortillas, pico de gallo and pickled radish.. yum. With black beans.

JK Classics

Gwyneth Paltrow's Salmon Burgers

Fresh ground salmon burgers with an Asian flair. Served with steamed cauliflower and sriracha aioli. (DF,GF, Contains Sesame)

Free Form Chicken Pot Pie

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

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)

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)

Appetizers Ready to Bake...but fresh, not frozen!

The items in this category will be wrapped and sent ready to stay in the fridge for up to 5 days before delivering. Bake them for the yummiest of appetizers or a light lunch. Each is \$16.50 Yum!

Sausage & Cheese Stuffed Mushrooms! *New!*

We par bake fresh mushroom caps then stuff them with a combination of sundried tomatoes, Italian Sausage, Parmesan, shallot and a little breadcrumbs. Topped with a little mozzarella and sent ready to pop in the oven. Yum!

Potato Skins!

Who can resist the combination of crispy potato, bacon and cheese? YUM! Most potato skins are deep fried, but not ours. We bake the potatoes then scoop them out and bake again brushed with just a little olive oil so they are so much healthier! Sprinkled with bacon and cheddar and sent ready to bake to perfection With ranch on the side (of course!).



Ready to Bake...

All items here come in one size and are frozen and will last up to a month in the freezer. Each is \$16.50

Best Buttermilk Biscuits

Our buttermilk biscuits have layers and layers and layers. and are so yum. Bake them for breakfast or dinner! 6 biscuits.

Monster Cookie Dough!

Created back in the 70's this is a real kid's favorite.... we send the dough frozen ready to bake. Oats, peanut butter & mini M&M's.... yum! (*contains nuts*)

Confetti Cookie Dough

These are so good because of the Mexican vanilla and cream cheese in the cookie dough. A yummy sugar cookie rolled in colorful sprinkles and ready to bake. (*no nuts*)

The Consummate Chocolate Chip Cookie *New!*

From Smitten Kitchen... yummy chocolate chip cookie dough made with dark and milk chocolate wafers. Yum. (*no nuts*)

Cinnamon Sugar Scones *New!*

These scones are flaky and layered with cinnamon sugar for an ultra decadent breakfast or snack. Pop in the oven and the whole house will smell good! 6 scones

For the Freezer.....

All items here come in one size and are ready to freeze to last up to a month. Each is \$25

Turkey Stuffed Cabbage!

Cabbage rolls stuffed with a mixture of turkey, currants, celery carrots and a little paprika.. then topped with a simple tomato sauce.

Chicken & Barley Stew

Tender chicken thighs simmered with carrots and celery and barley in our home made chicken stock. Yum. 2, 32oz containers.

Green Chile & Chicken Stew

Ground chicken, hominy, mini potato cubes, cumin, dried thyme, and poblano chiles..yum!

Burritos !!

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

Sausage, Egg & Cheese! *New!*

Breakfast sausage, fluffy eggs and cheddar. Yum.

Veggie, Egg & Tomato! *New!*

Eggs+ Egg whites, spinach & cherry tomatoes. Yum

Black Bean & Muenster Cheese Burritos

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

**Chicken Machaca Burritos**

Tender shredded chicken breast simmered with a little tomato, mild poblano and sweet onion. Simple but so good!

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.

Yummy Baked Goods + Treats \$16 each**Banana Oatmeal Blueberry Breakfast Cookies (GF, egg free, dairy free, nut free)**

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

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French Apple Turnovers (6) *New!*

These are s yum... two kinds of fresh apples simmerd with fresh lemon juice and a little sugar... simple. Wrapped in puff pastry and baked. Yum.

Raspberry Oat Breakfast Bars

Oats, butter, brown sugar layered with fresh raspberries and lemon zest. Yum.

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!

Mini Carrot Apple Muffins (12) *New!*

Yummy mini muffins with fresh apples, fresh carrot, apple sauce and buttermilk... so extra moist!

Ham & Cheese Mini Croissants(6)

Little fresh mini croissants with ham and swiss (3) and ham and cheddar (3).

Mini French Toast Bites

We take pride in our french toast made with organic eggs, Mexican vanilla, cinnamon & nutmeg! Here we send little mini french toast made from the best ever baguettes. Pop in the microwave and serve with your favorite syrup for a quick, yummy protein packed breakfast.

Banana Bread

Ultra moist... our favorite recipe. Yum.

Peanut Butter & Chocolate Energy Bars (6)

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



German Apple Bread!

A favorite. Full of apples, extra moist.

Protein Packed Banana, Cinnamon & Pear Pancakes! *New!*

Yum!

Tomato & Zucchini Egg Frittata Cups(GF) (6)

Tomato, zucchini, cheddar, mozzarella & eggs. Yum.

Anytime Snacks.....

Each is \$16.00

Make morning easy with these yummy B-Fast items!

Turkey Caesar Wraps (6)

Turkey breast, butter lettuce and Caesar dressing in a flour tortilla wrap... yum!

Cauliflower Carrot Cheezy Tots! (12)

Little 'tots' made from cauliflower, carrots & mozzarella and coated in panko. Yum.

Chicken Salad Wraps (6)

Tender shredded chicken breast, mayo & celery wrapped in flour tortillas.

Grilled Cheese Squares!

Two cubes filled with little grilled cheese squares made from Balthazar's Pan de Mie, muenster & cheddar.

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.

Pepperoni Pizza Empanadas(6)

Empanadas stuffed with mozzarella, pizza sauce & pepperoni. Baked, not fried. So yum.

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.

Mozzarella Sticks with Marinara

Panko coated and flash fried with home made marinara.



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*)

Creamy Tomato Soup with Feta & Orzo

Pureed Cauliflower Soup

This is one of our fave's... no dairy at all and the natural creaminess of the cauliflower makes this ultra luscious. (*DF, GF*)

Loaded Baked Potato Soup

Creamy-cheesy-potato'y goodness! Sent with cheddar, chives and bacon for topping. Yum.

Salads \$17 each

Serves 2 adults, 1 toddler as a side dish.

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.

Addicting Brussels Sprout Salad

Shredded brussels sprouts, parmesan, walnuts and dijon vinaigrette. Yum.

Quick Snacks

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

Beef & Lentils with Veggies

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!

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.